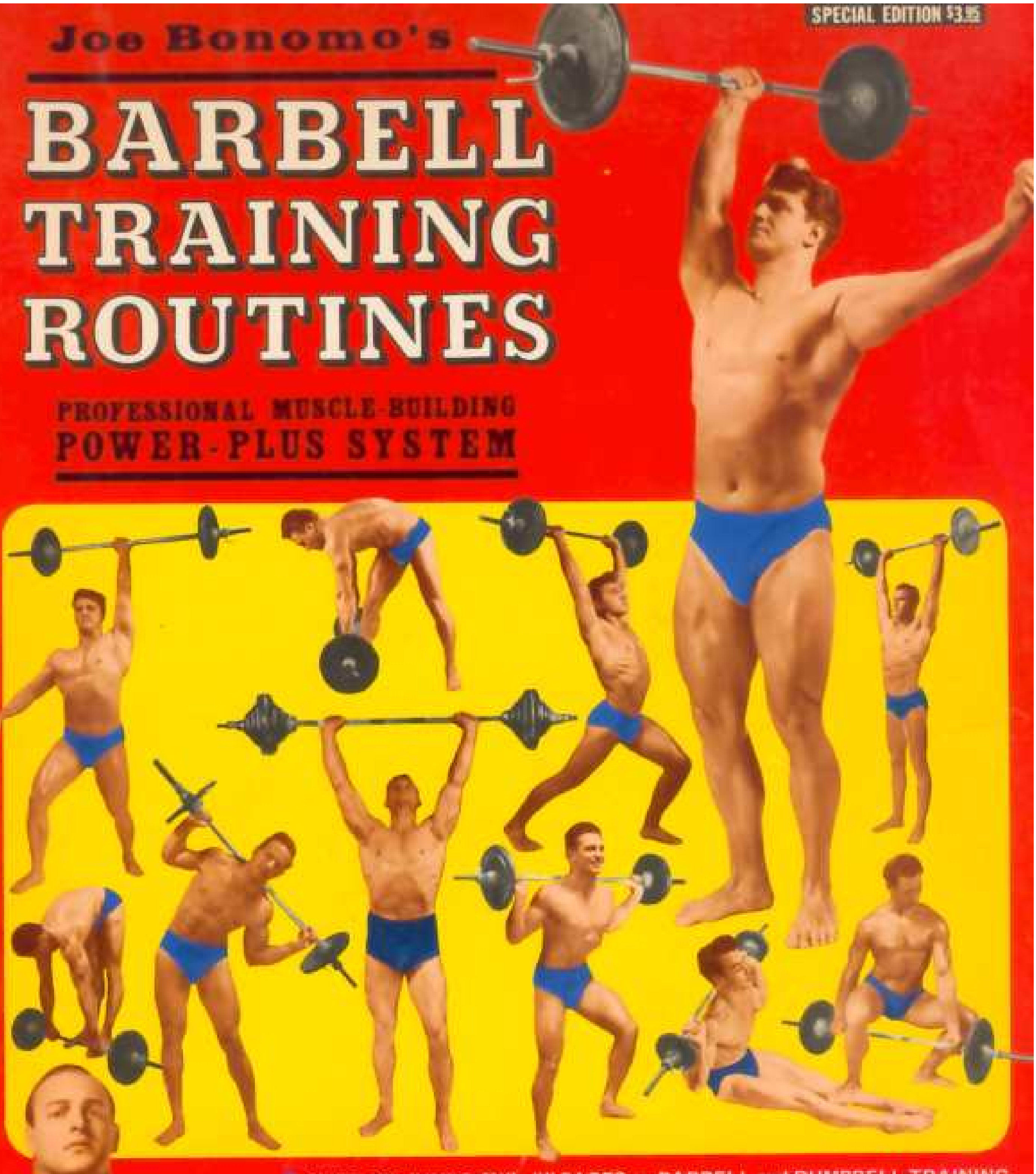
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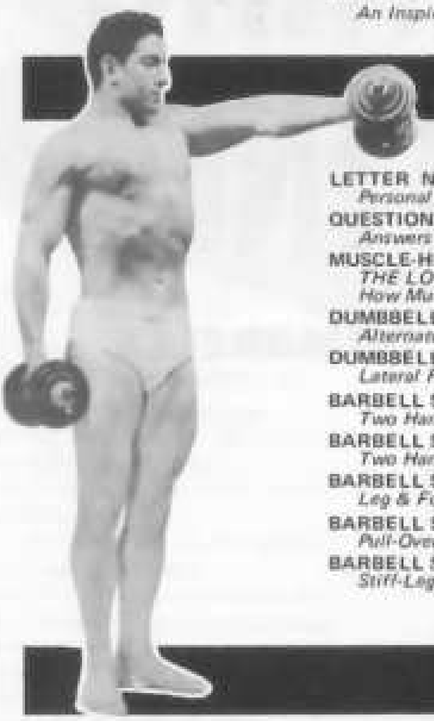
JOE BONOMO
INTERNATIONAL AUTHORITY
ON HEALTH AND
PHYSICAL DEVELOPMENT

PUBLISHED BY BONOMO CULTURE INSTITUTE, INC.
1841 BROADWAY • NEW YORK, N.Y. 10023



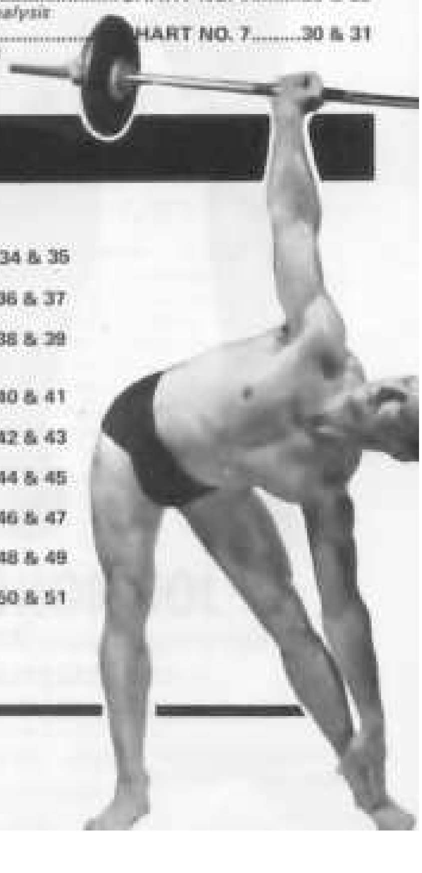
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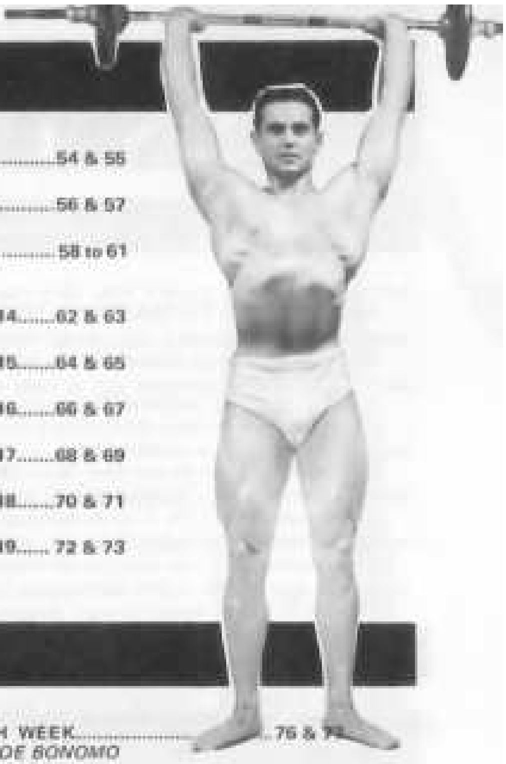
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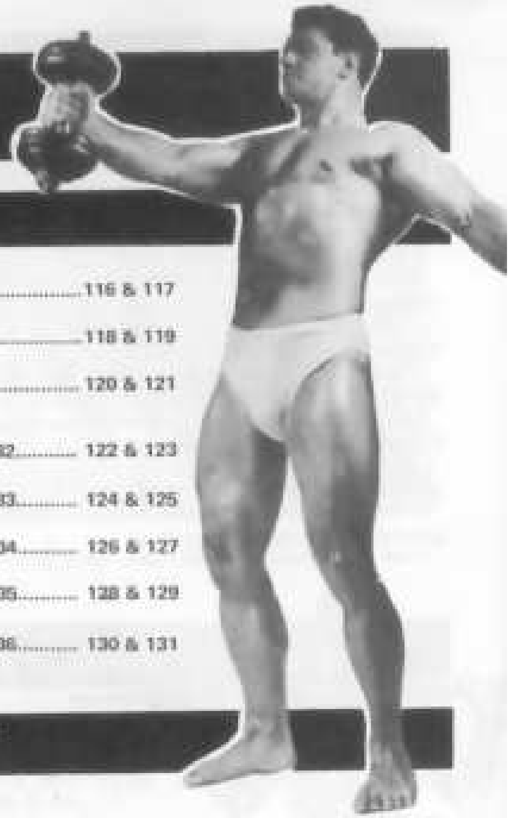
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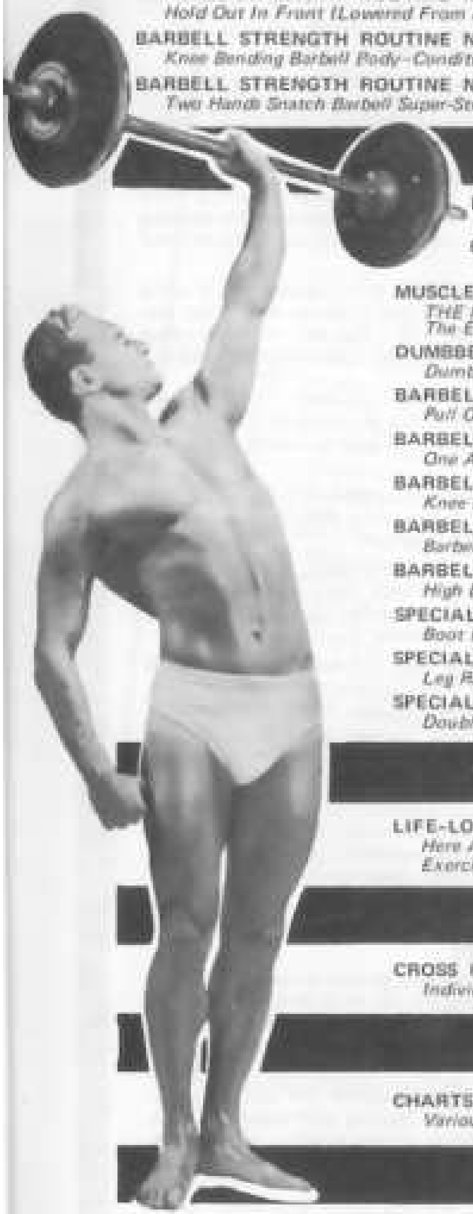
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LIFELONG SUPER-STRENGTH ROUTINES



CROSS REFERENCE INDEX

PROGRESSION STRENGTH CHARTS

VALEDICTORY

ABOUT JOE BONOMO AND THE BONOMO CULTURE INSTITUTE, INC.

Over the past 40 years, the Institute has published over 100 million copies of books, courses, magazines and publications authored by Joe Bonomo and his staff of professional editorial consultants. During this time, the Institute has acquired an extensive research library consisting of books, encyclopedias, scientific papers & reports, lecture material & speeches, records & tapes, charts, drawings, artwork and photographs that is the most complete private collection in the world today. All of this material is devoted exclusively to the subjects of health, diet, beauty, charm, self improvement, personality development, leisure living and physical fitness. You can be sure...when you read books and courses that are authored by Joe Bonomo!

Meet JOE BONOMO



JOE BONOMO AT THE AGE OF 10, AT THIS TIME KNOWN AS "TOOTHPICK"

Let me Tell you about Myself

ALL my life I've been interested in body-building. And, when you read the amazing story of my boyhood, you won't be the least bit surprised that I showed such intense interest in developing a more muscular body. In fact, I'm sure you'll be inspired when you discover that the rugged, powerful physique which I so proudly display throughout my publications, actually, believe it or not, started as a scrawny little kid.

I wasn't born with any exceptional qualities leading to a super physique, nor was I an infant prodigy blessed with unusual muscular power. Quite the contrary...I can remember only too vividly...the puny, under-developed, nervous, timid little boy that I was.

It was that very weakness, that lack of normal boyish strength and agility...it was that very physical frailty which gnawed at me every time the kids yelled, "Hey, Toothpick"...until I became obsessed with a burning urge to be SOMEBODY when I grew up...to be big, strong...admired and respected.

Just look at my boyhood picture shown here; surely you'll agree that this under-developed body certainly did not conform to a great ambition to achieve success and power in later life. But like so many other lads, I dreamt of strength and power, but did absolutely nothing to achieve this end.

My latent desire did not remain a dream forever. It was unexpectedly spurred into living action, when on one momentous day I took a terrific beating from the neighborhood bully, a fellow not much older, but lots stronger, than myself.

After this, I did what I should have accomplished long before. It took a beating to force me into action. Considering what I have accomplished since, let me tell you, the beating was worth it.

I went to the libraries and started to read books. I wanted to be strong...to be able to box, to wrestle...to give that bully just what he deserved. Fortunately for him, we never crossed paths again. Fortunately for me — well, let me tell you first about the early years.

Then I obtained some special courses, and followed these faithfully and diligently...and although I thought I was showing some results, compared to the other kids on the block I was still just, "Hey, Toothpick!"

So...luckily for me, I apparently was blessed with some sort of "stick-to-it-iveness,"some sort of will power that just wouldn't let my desire to become strong, then fade away and die in another dream.

Back to the libraries I went. And to gymnasiums, ball parks, foot-ball fields, weight lifting clubs, places where boxers and wrestlers gathered. I was a persistent little cuss. I read about everything I could lay my hands on in the field of health and physical development.

I cornered trainers, wrestlers, boxers...fired questions at everybody who was somebody in his athletic circle. The answers gave me lots of information about training the human body.

Maybe these strong men took pity on me; maybe these professional athletes just answered to get rid of me...but to all, each and every one, I am deeply greatful. For, among the many cut and dried answers, I learned secrets...professional secrets of muscle-building that each person valued as much as his life.

Combining these secrets with the knowledge of the human body and the scores of theories about strength by leading authorities of that time, I arrived at several startling deductions...about muscles which were exercised because they were used to lift the limbs, and about muscles which were continually neglected due to the fact that gravity pulled the limbs back to their normal position. I learned these and other basic principles. But more important, I gained an insight, a clue to why I was so weak, and in almost a revelation I began to sense the answers.

I experimented for weeks, then for months. I read more, asked more questions and I was already quite a big fellow when my own methods started to show results.

And what results! Strangely enough, my own formulas worked where so many others had failed. The patient, endless experimenting, trying this and that, rejecting so much more knowledge than I kept...in the end all paid off in startling dividends. Yes, I discovered why muscles grow, and with this discovery, I obtained a new lease on life. I was no longer ashamed of my body, or afraid to mix and rough-and-tumble with the neighborhood "gang."

Soon I could beat almost any fellow I knew at any game he wanted to match skills. I could run faster, lift more, had more stamina...and what soon taught the others to respect me was that I could hit a lot harder than they were able or willing to take. At first I kept most of my methods to myself, but soon the other fellows were asking, "Joe, how did you do it?" I finally decided to tell the fellows about the facts I had discovered about building strong rippling muscles. To my own amazement, it worked the same wonders with them that it had worked on me.

By the time I was nineteen, the young men on the block were no longer competition for me. I was after big game now. At the age of 19, I won the New York Daily News' "MODERN APOLLO" contest for the best developed physique in the United States. I then intended to go in for professional wrestling or boxing, but the national publicity caused motion picture producers to visualize me as an up-and-coming movie star. A lucrative offer took me to Hollywood, and virtually overnight I became an outstanding film personality.

Before long, I became referred to as the "WORLD'S STRONGEST MAN", "WORLD'S BEST DEVELOPED MAN", and "THE HERCULES OF THE SCREEN." During my eleven years in Hollywood, I became noted, not only as the screen's greatest "stunt man", but as a top-flight star enacting devil-may-care, adventurous hero roles in a record-breaking total of more than five hundred episode and full length silent and talkie films. My death-defying stunts and feats of super-strength resulted in unprecedented "fan" mail from movie-goers the world over. Boys, in particular, wrote to me in untold numbers, asking questions on how they, too, could build a physique equal to mine. As a result of these limitless inquiries, "Bonomo Boys Clubs" were established throughout the country, with well over a million members. While still engaged in movie-making, I was friendly with scores of Hollywood stars, who induced me into becoming their personal health and physical development counsellor. Health, vigor, vitality, power and personality development—the science that brought me strength and success — was now to become my life's work. Today, my systems and scientific methods of instruction are recognized wherever athletes and health authorities congregate. My books and articles are used as a reference library by coaches and trainers all over the country. Now I have expanded the scope of my activities more than ever, trying, through the nationally growing Strong Men's Club of America, of which I am national director, to awaken even more millions to the value of abounding health which comes through applied systematic exercise. As a publisher, my message reaches around the world — through these pages it reaches you. Follow my teaching culled from years of experience. Study the lectures printed here — practice faithfully the routines shown, and new strength, robust health and a vigorous and muscular body may be yours!

Your sincere friend and instructor,

Joe Bonomo



MOTION PICTURE STAR JOE BONOMO, AT THE HEIGHT OF HIS CAREER ACCLAIMED AS "THE HERCULES OF THE SCREEN!"... "THE WORLD'S STRONGEST MAN!"

LIST OF CONTENTS 1st WEEK

TRAINING SESSION No 1

LIST OF CONTENTS

Before embarking upon any type of super-strength training course, it is suggested that you talk over your plans with your family physician. In this manner, you can be sure that you will receive the utmost benefits



LIST OF CONTENTS 1st WEEK

IMPORTANT NOTE:

It is particularly important for any person who plans to take a course in self-development . . . whatever the method . . . to bear in mind certain fundamental facts in order to understand what results may reasonably be expected.

It is generally recognised that no two persons are exactly alike, scientifically speaking, nor do any two persons react exactly alike. A food that agrees with one may disagree with another. One person can exercise for a given length of time with ease, another may be fatigued by the identical effort.

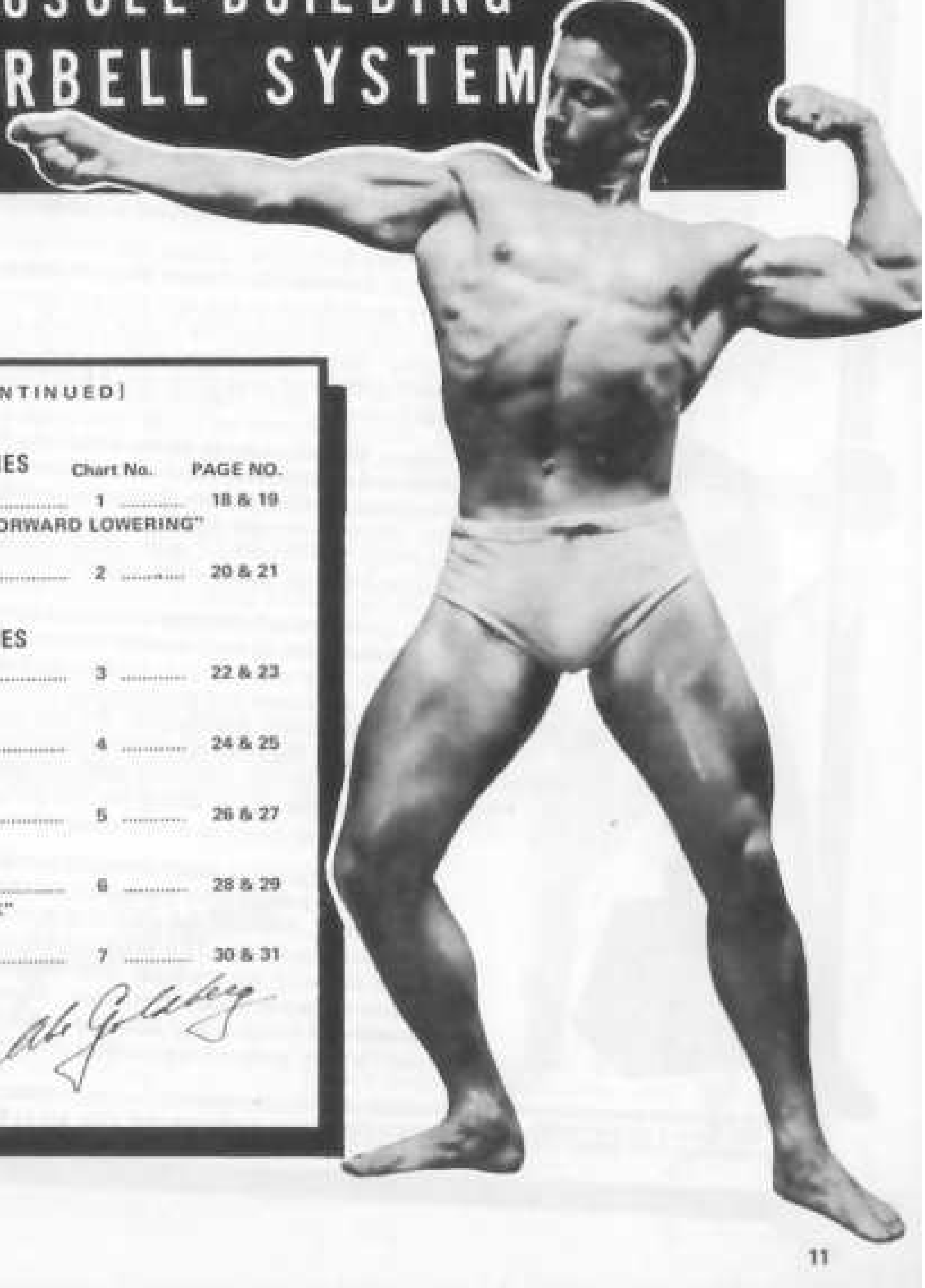
There are various reasons for this difference in reactions: some are relatively superficial, such as one's mood or surroundings; others are fundamental and deep-seated, such as heredity, basic physical structure, age, state of health, and related factors.

Consequently, it must be borne in mind that the probable results from this course are necessarily restricted by any one or combination of factors such as those outlined above. I wish to make it clear, also, that this course is not designed, in whole or in part, to serve as a substitute where medical therapy is indicated, as for example, in cases of glandular disturbances.

Aside from the foregoing qualifications, any normal person may expect to obtain results in proportion to the diligence and precision with which the principles of this course are applied.

JOE BONOMO *Professional* MUSCLE-BUILDING BARBELL SYSTEM

LIST OF CONTENTS 1st WEEK



(CONTENTS CONTINUED)

LETTER
NO. 1
1st WEEK

HEADQUARTERS OF
STRONGMEN'S CLUB OF AMERICA

A Message from the Director

Joe Bonomo

1841 BROADWAY NEW YORK, N. Y. 10023

Dear Student,

Before you start on your first week's Training Session, may I offer a few words of advice and encouragement. It will take only a few minutes of your time, and will repay you with a clear insight into what is in store for you.

First, let me assure you that the effectiveness of this system of muscle-building has been thoroughly proven...not only by the unusual physique I have personally acquired by applying its principles...but by hundreds and hundreds of other men who have followed its instruction. These men know from their own experiences how this system has brought about decidedly noticeable improvement in their muscle power, endowed them with athletic prowess, body symmetry...and more important, the renewed stimulus of glowing health and vigorous vitality.



JOE BONOMO PERFORMING DIFFICULT ONE-FINGER SUPER-WEIGHT DEAD LIFT

It is not that I want to over-stress the need for you to have every confidence in me and this exclusive system...what is vital is that you gain confidence in the muscle potentialities lying dormant in your own body. Without this basic self-reliance you cannot go ahead with your muscle-creating workouts and achieve results in new strength.

You must go at these muscle-building routines with assurance and confidence, so that in the end you will be rewarded as promised...with a bonus of a body just rippling with muscular vitality. Do not become too eager, anxious to rush the course to completion. The minimum span of the course is ten weeks. Nothing you can do can shorten this time.

Take each training session in its correct order...each exercise movement of each session in the order prescribed. This is a system carefully worked out, backed by over 20 years of experience training amateurs and professional strong men, wrestlers, boxers, athletes of every description. By the time you are ready for the later sessions, the muscles of your body will have been conditioned to such an extent, the more difficult exercises will be easier to do... and more efficient in doing the job for which they were designed—building your body to a new peak of stamina, strength and energy.

For gaining super-strength systematic barbell training...organized by people who have learned their business through personal experience...has decided advantages over other less strenuous forms of muscle-building. This is why I always recommend barbell training to those of my students who have already taken my other preliminary muscle-building courses. These courses have their place in the over-all blueprint of building a flexible, muscular body. But when a man seeks above normal athletic strength, the astounding

INTERNATIONAL AUTHORITY ON HEALTH AND PHYSICAL DEVELOPMENT

Joe Bonomo...

• 1841 BROADWAY
• NEW YORK, N.Y. 10023

LETTER NO. 1 1st WEEK

INTERNATIONAL AUTHORITY ON HEALTH AND PHYSICAL DEVELOPMENT

super-power of champion weight lifters, the dynamic overawing force of wrestlers, and the atomic-packed punch of prize boxers...he must move ahead to more advanced training such as is presented in this system.

Your muscle-achieving program must be taken with deadly seriousness. Everything you need...outside of barbells and a few pieces of special equipment which can be purchased from many reliable sources...everything is here. Graphs to record your muscular improvement, photo-instruction charts to clearly demonstrate the correct exercising procedure, anatomical analysis diagrams to clarify for you the various muscle groups being brought into action by the workouts...man-to-man muscle-health talks so that you'll know what you're accomplishing.

You'll find that after two or three sessions, your body will take on a new vitality, you will feel the spring in your step, the flow of new energy giving vigor for every activity. Your workouts will become a pleasure, something to which you will look forward...not a task, but a self-imposed ritual, almost a religion of health and vitality to which you will learn to devote much of your time and life.

When you turn to the next two pages, you'll find your first week's "Question & Answer" session. And, of course, the first week is devoted to the weights you are going to use.

I have no interest in any make of barbells or dumbbells...I can recommend no one manufacturer's over another. Simply, because it's not how cheap or expensive a set may be purchased for...but what you do with them after you buy them and bring them home. You can have the best set on the market...and yet, if they just lie around in a corner gathering dust, they are of no benefit to you. At the same time, they are of less use if you just play around with them instead of following a scientifically balanced routine that is progressive...and takes you through a muscle-building session that gets at ALL the muscles rather than just some.

On the last page of this course, you'll find your progress chart. Start keeping a record of your measurements beginning now...and each week thereafter. As you progress through the many exciting barbell and dumbbell routines, you'll begin to build muscle and strength...and it's going to show up on these charts. Just wait and see...you'll be able to see the difference and then you'll know that there's a difference!

Be fair to yourself. Do not become easily discouraged. Remain faithful to this system. Every indication points to the same amazing results for you as it has delivered for others. The healthier, robust, more manly physique you so earnestly desire is in store for you...it's worth your diligent and enthusiastic effort.

Your friend and instructor,

Joe Bonomo



JOE BONOMO PERFORMING A PRESS WITH SOLID IRON WEIGHTS. NOT DIFFICULT WHEN YOU KNOW HOW...AND HAVE DEVELOPED SUPER STRENGTH TO APPLY WHAT YOU KNOW.

QUESTIONS
& ANSWERS
1st WEEK

QUESTIONS & ANSWERS



by Joe Bonomo

INTERNATIONAL AUTHORITY ON HEALTH & PHYSICAL DEVELOPMENT

QUESTION: Is there any special length for the bar used in adjustable barbells?
ANSWER: The standard lengths are 4 ft. bars and collar attachments weighing approximately 22½ lbs...5 ft. bars and collar attachments weighing 25 lbs...and 6 ft. "champion" lifting bars and collars weighing approximately 30 lbs.

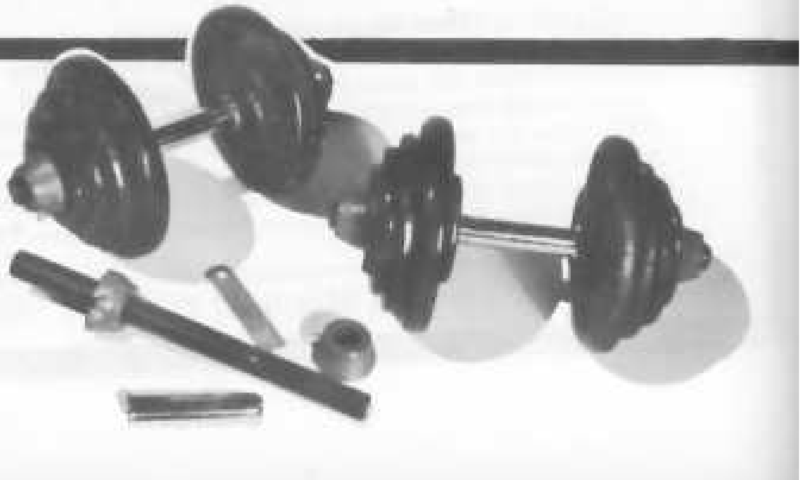
QUESTION: I have heard about "Revolving" bar bell plates. Is there any advantage this type has over the "Locked" type plates?
ANSWER: Due to the mechanical fact that any weight takes a certain amount of force to overcome its inertia to movement, there is quite a strain on the hands when lifting bar bells with plates which are locked to the bar. As the weight is lifted or "Snatched" up, it is often necessary to turn the hands over or under the bar according to the exercise. If the plates are "locked" this means that either the grip must be loosened somewhat to permit the hands to turn, or the entire weight of the plates must be turned. Loosening the grip is dangerous as the bar bell could slip. Turning the entire weight has the disadvantage of causing an additional strain or duty which limits the total amount of weight which can be used in an exercise movement.

The revolving plates; or relatively speaking, the revolving bar; eliminates the strain on the hands and wrist muscles, making it possible to use from 15 to 30 pounds more weight in all the exercises and lifts than is possible with the plain locked bar sets.

Such freedom of action, permitting the use of heavier weights for the same effort, enables the muscles of the body to obtain workouts at a much higher pitch of muscle-building efficiency. In addition, the revolving bar bells are designed so that they have a perfect center of gravity with equalized weight distribution, giving natural balance and control.

QUESTION: Do dumbbells also come with revolving plates?
ANSWER: Yes, dumbbells too, are also manufactured with the same principle applied. When buying equipment, you are strongly urged to buy a "matched" set of dumbbell and barbell plates and bars. Their inter-changeability is more economical in the long run.

HEALTH IS WEALTH! SPEND IT WISELY



ABOUT THIS WEEK.....

In this first week's "Question & Answer" forum, we are going to answer many questions brought up by students about weight-training equipment used in these muscle-building training routines. There is quite a variety of equipment on the market today, some of it quite old-fashioned in design, and some of it is the newer apparatus designed and based on the results of scientific research done by authorities on muscle and strength development. I will attempt to review the various types of equipment supplied by the sporting goods dealers.

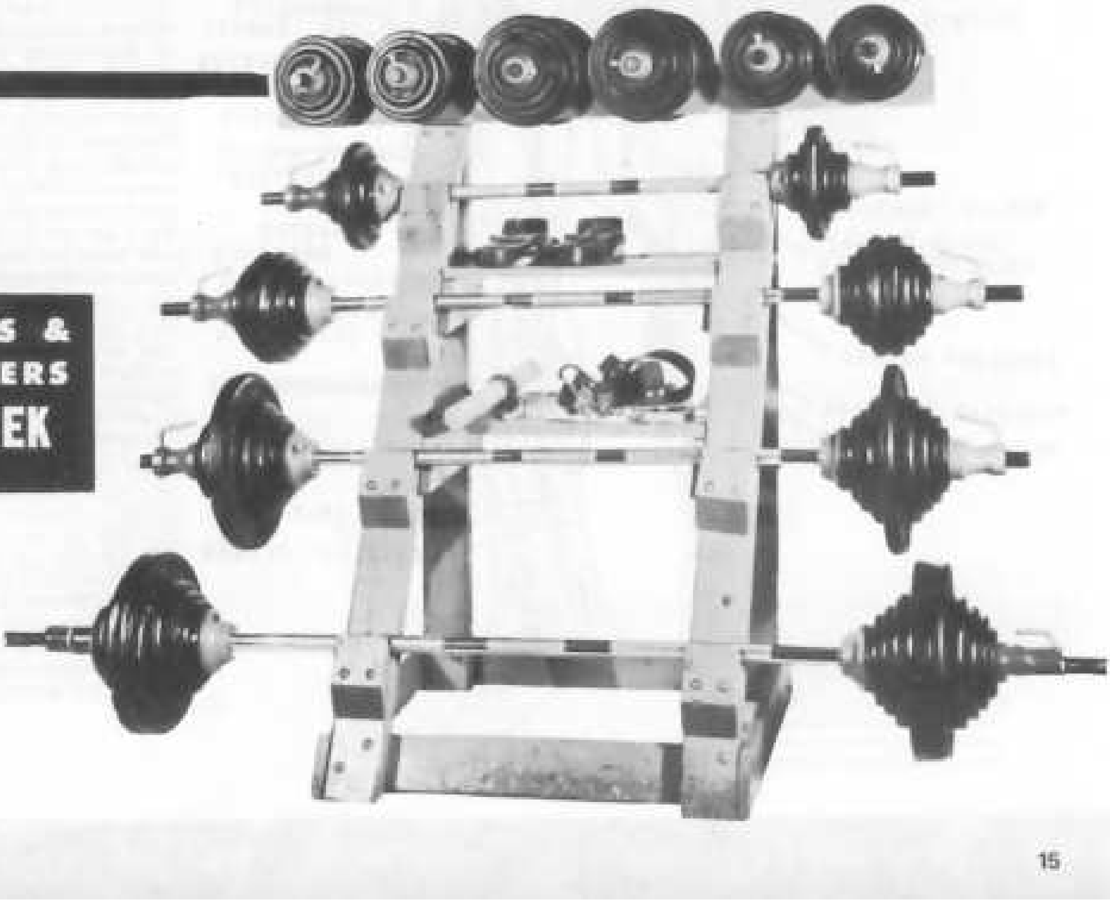
QUESTIONS & ANSWERS 1st WEEK

On this page, just before you start each training session, are presented a series of typical student questions which usually are asked at various stages in training. Each week I will answer these questions, just as if you asked them of me personally, right in your own home. I strongly urge you to read these carefully. Many points of interest to you are taken up. You'll find the answers informative as well as being of invaluable aid in your training.

QUESTION: About dumbbells used in the training routines... how do they come, what do they look like?
ANSWER: Primarily, dumbbells are manufactured in two styles...first, the "Solid Dumbbell" type; and secondly the "Dumbbell Bar" type with adjustable weight plates. The solid dumbbells are now available in sizes ranging from 1 lb. to 20 lbs. weight. Individually they are cheaper in cost than the adjustable bar type, but since a number of them are needed, the cost is greater in the end. Their advantage is that, if you can afford a complete set, you have available a wide variety of weights for different types of exercise movements. Fortunately the cost of a complete set is not prohibitive for the average person. If you intend to really be serious about keeping yourself fit and trim, your weight-lifting equipment is not really complete without these. The smaller sizes are ideal for women and children folks in your home, and are handy for a family group workout.

The Dumbbell Bars consist of a special bar and plates which are easily attached so that varied weights can be used. The plates are available in 1¼, 2½ 5, 10, 25 and 50 lb. sizes, so that a great range of weights can be used. The bar itself can be used for exercise movement requiring lighter weights.

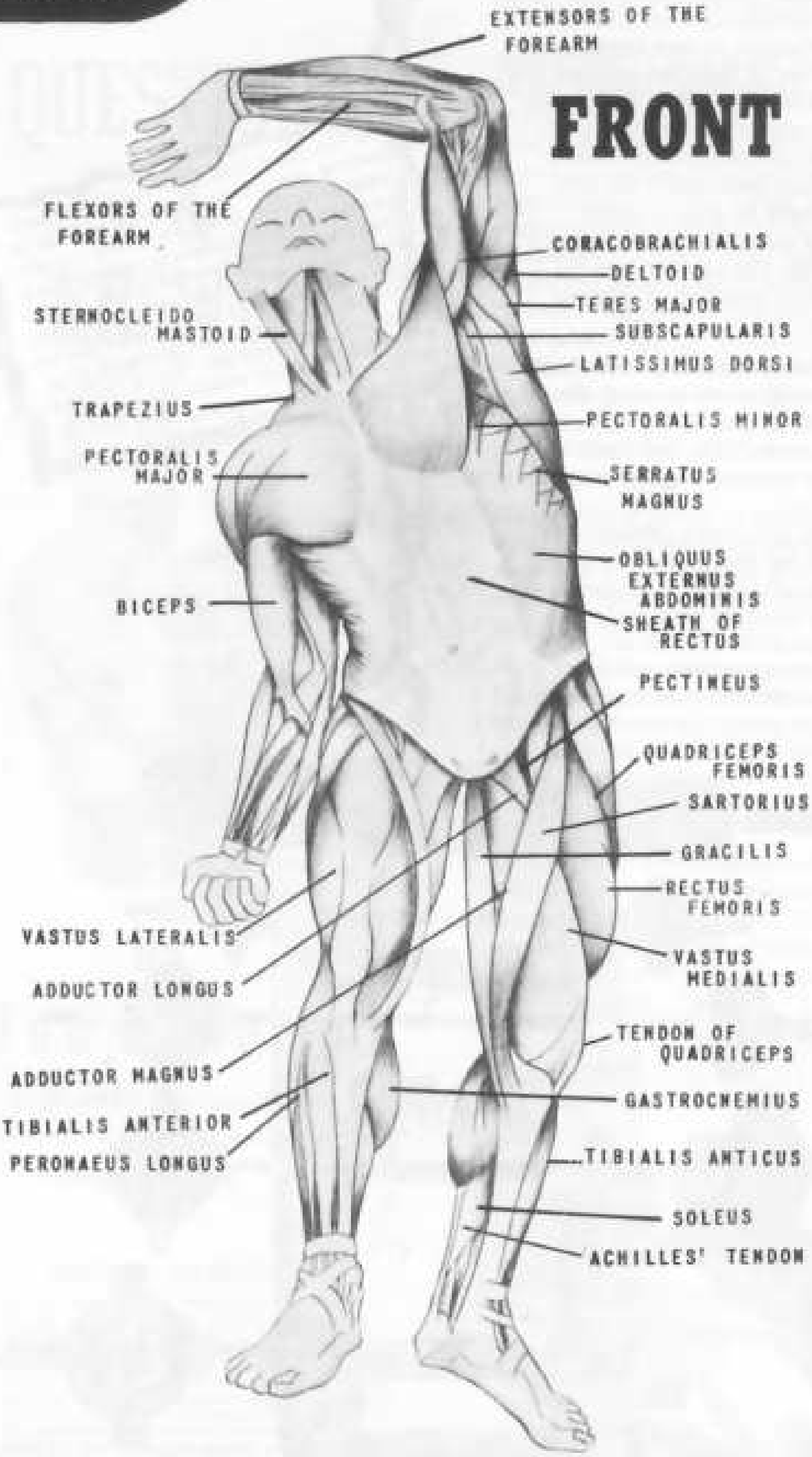
QUESTION: Now that I know the difference between the solid dumbbells and the adjustable bar and plate type dumbbells...can you tell me whether barbells come the same way?
ANSWER: Barbells invariably are made up with a combination of a bar and adjustable weight plates. If you are careful and judicious when buying your equipment, you can obtain equipment so that the same plates for the dumbbells are also suitable for the barbellls.



QUESTIONS & ANSWERS 1st WEEK

HEALTH
LECTURE
1st WEEK

the LOCATION o



There are three distinct types of muscles found in the body. First are SKELETAL muscles, extensively distributed over the skeleton, providing power for movement and strength. Second are the special types of muscle that form the heart walls. This type is called CARDIAC muscle. The third type of muscle differs from these others. This is called the SMOOTH muscle. This type is found in the eye, in the walls of the alimentary canal, blood vessels, and channels which transmit fluids.

The SKELETAL MUSCLES are often known as VOLUNTARY MUSCLES, because they respond at will.

The SMOOTH MUSCLES are, on the other hand, usually referred to as the INVOLUNTARY MUSCLES, because they act reflexly, that is automatically and not responsive to act of will.

SKELETAL MUSCLES are generally attached to bones, usually two bones. These muscles usually produce their effects on parts at some distance from the muscle itself. For example, the power that enables one to rise on his toes is located in the calf of the leg. This calf muscle transmits its power to the foot by a structure which is called a TENDON, attached to the bone. This illustrates dramatically how amazing is the structure of the human body. If the powerful movements often required of the human wrist were dependent upon the muscle masses located around the wrist; the wrist would need be many many times larger than its present size. The muscles required to supply so much strength and power, would be so numerous and large, they would actually limit the movement of the wrist itself. Thus the tendon acts as a transmission belt from the muscle source of power to the place where the power is needed.

Generally speaking, a muscle is formed of a mass of fibres running alongside one another. The muscles gain their strength because these fibres possess a quality of contraction, more or less powerful in accordance with their condition of health and training.

Since the muscle is attached usually to two bones by tendons, this ability to contract draws the bones together. The strength of movement therefore, depends on the amount the muscle is able to contract, and how much power with which it is able to do so.

By the laws of mechanics, the amount of work done by any mechanism, is directly proportional to the force exerted and to the distance through which the

they can be developed to maximum strength and efficiency b

IMPORTANT MUSCLES...

HEALTH LECTURE 1st WEEK

force acts. Similarly, in the human machine, the amount of work or strength capable of being rendered by a muscle, depends on the force or strength of the muscle tissue, and the distance through which it contracts.

The contractility of a muscle, the power it has to shorten and draw the bones together, depends on the condition of the fibres which make up the mass of the muscle, as distinguished from the uncontractable tendons. To increase the contractility of a muscle requires muscular exercise. As the muscle does work, a chemical action occurs which burns up the fuel supplied to the muscle by the blood. This burning process results in a waste of tissue in the flesh fibres and this waste is carried off. During rest periods, the blood returns new and stronger material. The stimulated action increases the muscular mass, thereby enlarging and strengthening the muscular tissue.

When exercise is conducted according to a scientifically planned system, this waste and renewal goes progressively forward, developing new muscle tissue and improving the overall contractility of each muscle fibre.

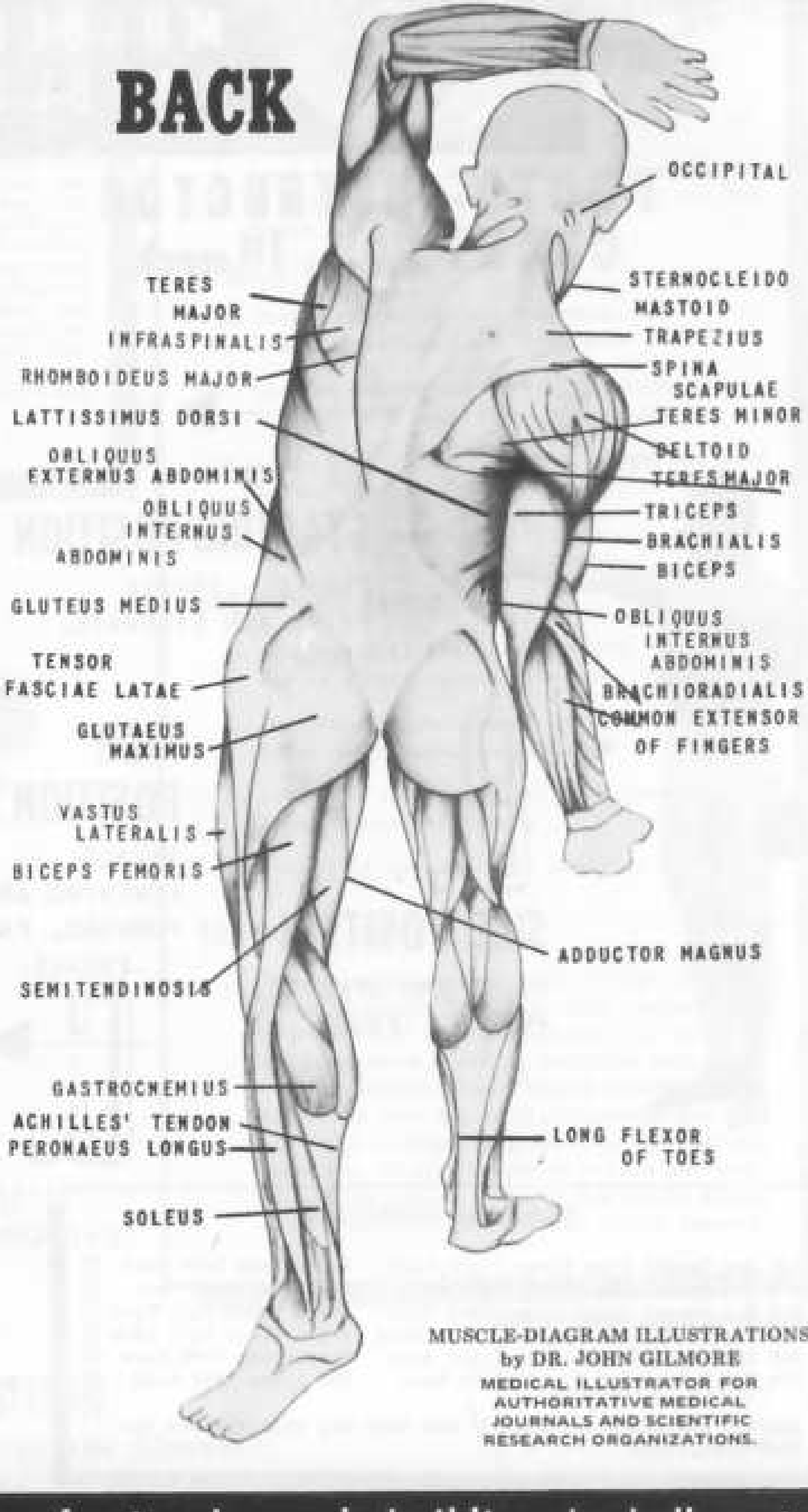
The purpose of the exercises in this course is to accomplish this end. Each exercise has been carefully worked out to develop specific groups of muscles. The exercises in a weekly training session go once over the body. At first, the important larger muscles are given a thorough workout. In later sessions, rarely used underlying muscles are also brought into play by means of routines designed for their development.

Thus it is essential that no exercise be missed, neglected or done half-heartedly. The system must be followed as planned. In no other way can you hope to achieve the muscle development that this exclusive Bonomo method has already given many thousands of others.

In the Muscle-diagrams illustrated on these two pages, are listed the principle muscles of the body. These are for your reference. It is not necessary to memorize these. However, study the ANATOMICAL ANALYSIS diagrams given with many of the training routines which follow, in order to familiarize yourself with the location of the muscles each exercise is designed to develop.

In succeeding weekly sessions, are additional lectures on the muscles of the body, their functions and how to develop each muscle to its maximum power, contractility and strength.

BACK



MUSCLE-DIAGRAM ILLUSTRATIONS by DR. JOHN GILMORE
MEDICAL ILLUSTRATOR FOR AUTHORITATIVE MEDICAL JOURNALS AND SCIENTIFIC RESEARCH ORGANIZATIONS.

CHART
NO. 1
1st WEEK



JOE BONOMO

PROFESSIONAL
MUSCLE-BUILDING BARBELL SYSTEM

PHOTO-INSTRUCTOR CHART No. 1 1st week





A. STARTING POSITION

EXHALE... INHALE
RAISE ARM SIDEWAYS,
PAUSE.

B. SIDE POSITION

RAISE ARM UPWARDS...
INHALE...PAUSE...
EXHALE

C. HIGH POSITION

INHALE...
LOWERING ARM
FORWARD, PAUSE
...EXHALE.



TRAINING SCHEDULE

1st Day	Repeat	Five times right hand	Five times left hand	☐
2nd Day	Repeat	Six times right hand	Six times left hand	☐
3rd Day	Repeat	Seven times right hand	Seven times left hand	☐
4th Day	Repeat	Eight times right hand	Eight times left hand	☐
5th Day	Repeat	Nine times right hand	Nine times left hand	☐
6th Day	Repeat	Ten times right hand	Ten times left hand	☐

Rest on seventh day. Check ✓ box each day when routine has been completed.

PLEASE NOTE:

"WARM–UP" ROUTINES

Before going ahead with the more strenuous barbell muscle-building routines, go through the DUMBBELL "WARM-UP" sessions given with each week's training script. Heavy barbell training, by itself, builds amazing strength and power ...but in many people, does not develop the shapeliness and lithe handsomeness many men desire. It is necessary to combine a degree of dumb-bell work to maintain this desired degree of physical beauty. So, these dumbbell routines serve a dual purpose...aid you to get your blood circulating freely and your lungs expanding and contracting in smooth harmonious rhythm...and in addition, maintaining the correct suppleness and beauty every athlete strives to achieve. Combined with the BARBELL strength builders, you are assured of a well-balanced STRENGTH and AGILITY training program.



Demonstrated by

ABE GOLDBERG

D. FRONT POSITION

INHALE LOWERING ARM DOWNWARD
PAUSE...EXHALE.

DUMBBELL WARM-UP ROUTINE NO. 1

DETAILED TRAINING INSTRUCTIONS for "Alternate Side Raising... Forward Lowering"

STARTING POSITION

Load dumbbells to a weight you can handle with ease...not too light at first, not too heavy. Position A

MUSCLE MOVEMENT

1. Slowly raise left arm sideways, until it is in horizontal position. Then pause. Position B
2. Continue upward movement until weight is held straight overhead. Pause. Position C
3. Lower arm in front until weight is held straight ahead. Pause.
4. Return to starting position.

BREATHING TEMPO

1. Exhale before starting movement. Inhale as arm is slowly raised sideways.
2. Continue to inhale as arm is raised overhead. Pause and exhale. Position C
3. Inhale as arm is brought into forward position. Pause and exhale.
4. Inhale on returning to position A.

TRAINING COMMENTS

The secret of gaining super strength with all forms of weight training, both dumbbell and barbell, is to make demands upon your muscles. At first make starting poundage easy, permitting supple, free-flowing rhythmic movement. As your training progresses and your strength increases, gradually increase the poundage. Be sure to rest-up one day per week, permitting nature to build new muscle tissue and a reserve of strength for future demands.

RECOMMENDED
DUMBBELL WEIGHT
5 TO 7½ LBS. EACH



PROFESSIONAL MUSCLE-BUILDING BARBELL SYSTEM

PHOTO-INSTRUCTOR CHART No. 2 1st week



A.

STARTING POSITION

EXHALE... INHALE, RAISING DUMBBELLS SIDEWARDS TO POSITION B... PAUSE.

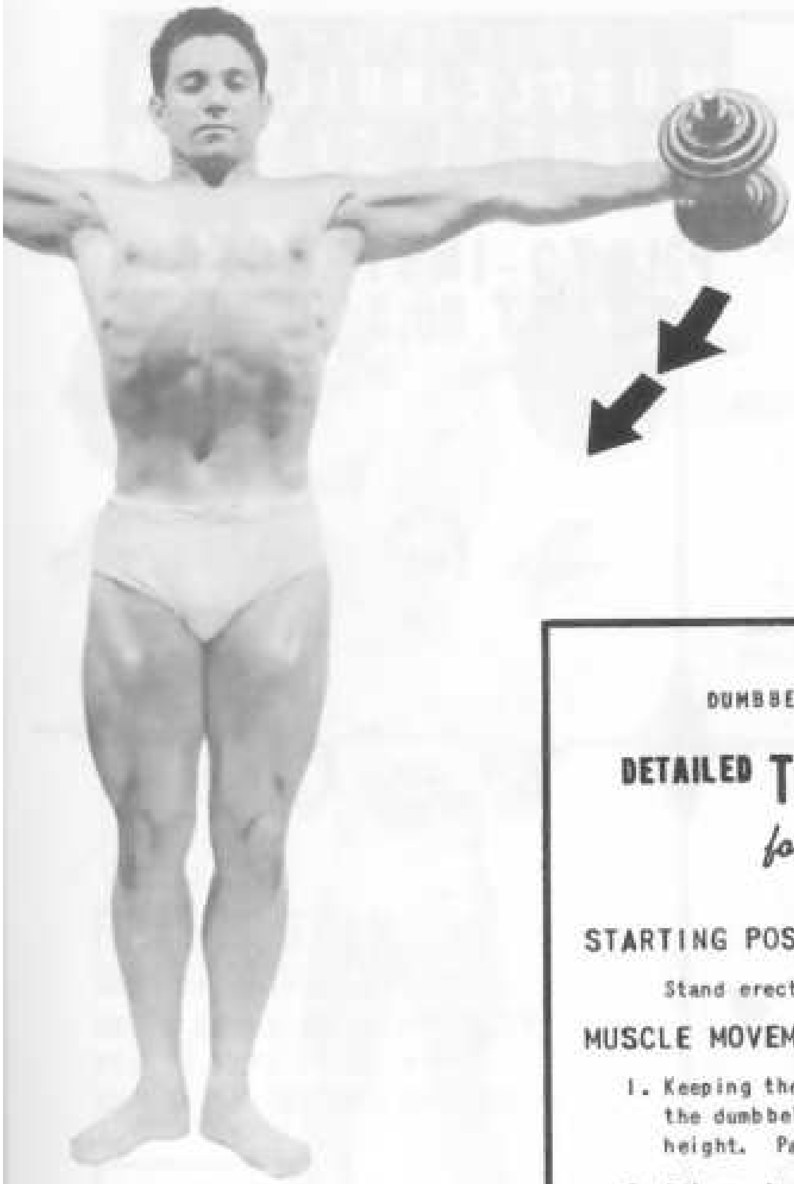
Demonstrated by ABE GOLDBERG

TRAINING SCHEDULE

1st Day, Five times	☐	4th Day, Eight times	☐
2nd Day, Six times	☐	5th Day, Nine times	☐
3rd Day, Seven times	☐	6th Day, Ten times	☐

Rest on seventh day. Check ✓ box each day when routine has been completed.

CHART
NO. 2
1st WEEK



RECOMMENDED DUMBBELL
STARTING WEIGHT
5 TO 7½ LBS. EACH

DUMBBELL WARM-UP ROUTINE NO. 2

DETAILED TRAINING INSTRUCTIONS *for* "Lateral Raise"

STARTING POSITION

Stand erect, dumbbells resting at side. Position A

MUSCLE MOVEMENT

1. Keeping the knuckles up, arms straight, slowly raise the dumbbells sidewards, to slightly above shoulder height. Pause. Position B
2. Return *slowly* to starting Position A.

BREATHING TEMPO

1. Exhale before starting muscle movement. Inhale as weight is raised.
2. Pause at position B. Exhale during pause. Inhale returning to start A.

TRAINING COMMENTS

During all training routines, correct emphasis must be given to the BREATHING TEMPO schedules given. The correct way to breathe while exercising is to inhale through the nose, delivering energy-giving oxygen to the blood stream, ready to deliver new energy to the muscles at the time of greatest demand. By all means, don't hold the breath while completing a movement.

B.

FINAL POSITION

EXHALE... INHALE,
LOWERING
ARMS TO START A.

CHART
NO. 3
1st WEEK

PROFESSIONAL
MUSCLE-BUILDING BARBELL SYSTEM

PHOTO-INSTRUCTOR CHART No.3 1st week

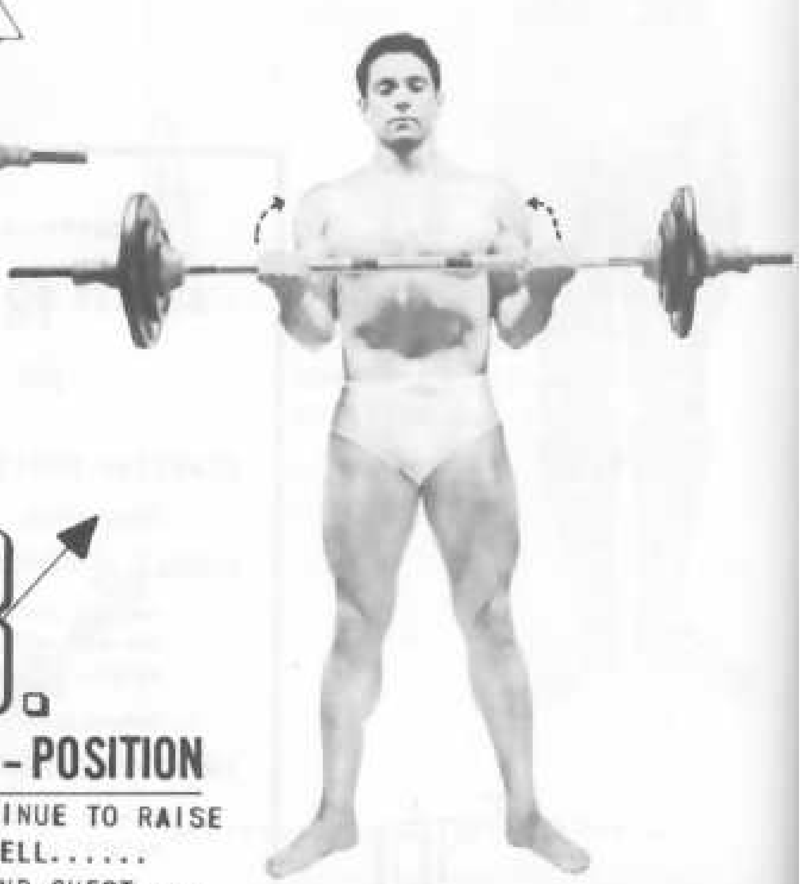


A. STARTING POSITION

SLOWLY CURL UP BARBELL
SLOWLY BREATHE IN....

B. MID-POSITION

CONTINUE TO RAISE BARBELL......
EXPAND CHEST....
BREATHE IN DEEPLY.



TRAINING SCHEDULE

1st Day, Five times ☐ 4th Day, Eight times ☐
2nd Day, Six times ☐ 5th Day, Nine times ☐
3rd Day, Seven times ☐ 6th Day, Ten times ☐

Rest on seventh day. Check ✓ box each day when routine has been completed.

ANATOMICAL

This exercise not only will develop the BICEPS, TRICEPS and DELTOID MUSCLES up the upper arms...including all the intricate muscles of the forearm ending in the fingers...but the PECTORALIS MAJOR of the chest achieves a thorough workout.

Demonstrated by

ABE GOLDBERG



C.

FINAL POSITION

HOLD BAR ACROSS CHEST UNTIL LUNGS ARE COMPLETELY FILLED WITH FRESH AIR. REPEAT IN REVERSE BACK TO A.

RECOMMENDED BARBELL WEIGHT
35 LBS.

BARBELL STRENGTH ROUTINE NO. 1

DETAILED TRAINING INSTRUCTIONS for "Two Hands - Slow Curl"

STARTING POSITION

Feet apart, grasp bar with both hands, palms upward. Rise to starting Position A, with palms straight at sides, curling fingers up to hold bar firmly.

MUSCLE MOVEMENT

1. From Position A, raise barbell upwards, pivoting at elbows...Position B...until bar touches chest...Position C. Movement should not be jerky, but slow and deliberate.
2. Slowly return from final Position C, through Position B, back to starting Position A.

BREATHING TEMPO

1. Exhale just before starting movement. As you swing from A to B to C; inhale, breathing deeply, expanding chest as wide as possible.

   Time breathing and curl up of barbell, so that chest is fully expanded when bar is up at highest point of curl.
2. On return to starting Position A, exhale slowly...timing the breath so that you are ready for a new intake of fresh air when barbell reaches lowest point.

TRAINING COMMENTS

Throughout the lift, the trunk must not be inclined forwards, sideways or backwards. (If student at *first* finds the CURL difficult to do, he may lean his back against wall, helping to hold body erect).

ANALYSIS



CHART
NO. 4
1st WEEK

PROFESSIONAL
MUSCLE-BUILDING BARBELL SYSTEM

PHOTO INSTRUCTOR CHART No.4
1st week

BARBELL STRENGTH ROUTINE NO. 2

DETAILED TRAINING INSTRUCTIONS for "Two-Hands Slow-Press"

STARTING POSITION

Let barbell rest on floor. Bend down just as though you were going to sit on a high stool and rest in a squatting position, feet about 15" apart...position A. Keeping feet flat on floor, with arms outside thighs, grasp the bar with both hands...palms downward, shoulder-width apart.

MUSCLE MOVEMENT

1. Straighten up quickly into position B, bringing the bar level with the chest. This is done by smartly "shooting" the elbows under the bar and forwards... turning the wrists over at the same time...and at the same time, "dip" quickly by bending the knees and lowering the body a few inches. This permits you to get slightly under the bar, making it easier to push it up to shoulder level, using the entire body.
2. "Press" the weight upwards from the shoulders to arms' length overhead...position C.
3. Slowly lower the barbell to the shoulders...position B. (not back to the floor, position A) and repeat.

BREATHING TEMPO

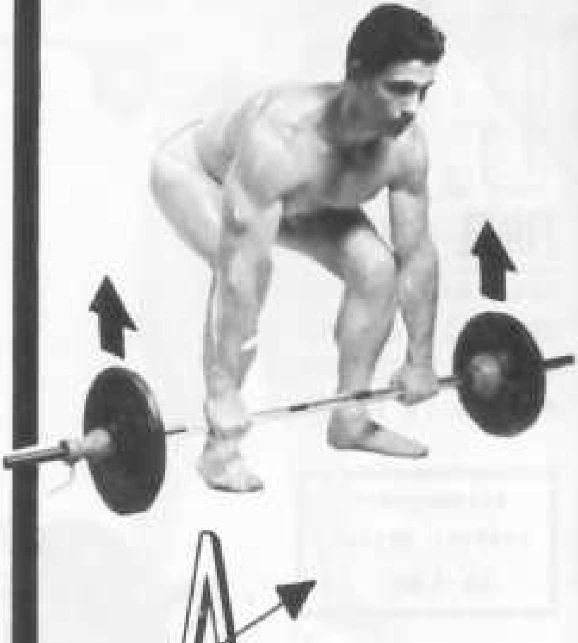
1. As you stoop to position A...exhale.
2. Start to inhale, and just before lungs are filled, swing barbell up into position B. Pause and exhale.
3. Start to inhale again, and as chest is almost fully expanded, press barbell up to position C. Hold position and then slowly lower barbell to shoulder level, exhaling slowly meanwhile. This coordinates your breathing tempo, ready for the next press.

TRAINING COMMENTS

As the weight is pressed up, from B to C, keep the body rigidly erect, the knees stiff and braced. Be sure feet are spread at a comfortable distance apart.

Exercise causes you to breathe more heavily than is customary. Be sure that your room is properly ventilated and well-aired.

ANATOMICAL



STARTING POSITION

EXHALE...STOOP...
GRASP BAR
START TO INHALE.
SWING BARBELL UP...
PUSH ELBOWS UNDER...
FORWARD DIP...PUSH
BARBELL UP TO
SHOULDER LEVEL

Demonstrated by

ABE GOLDBERG

TRAINING SCHEDULE

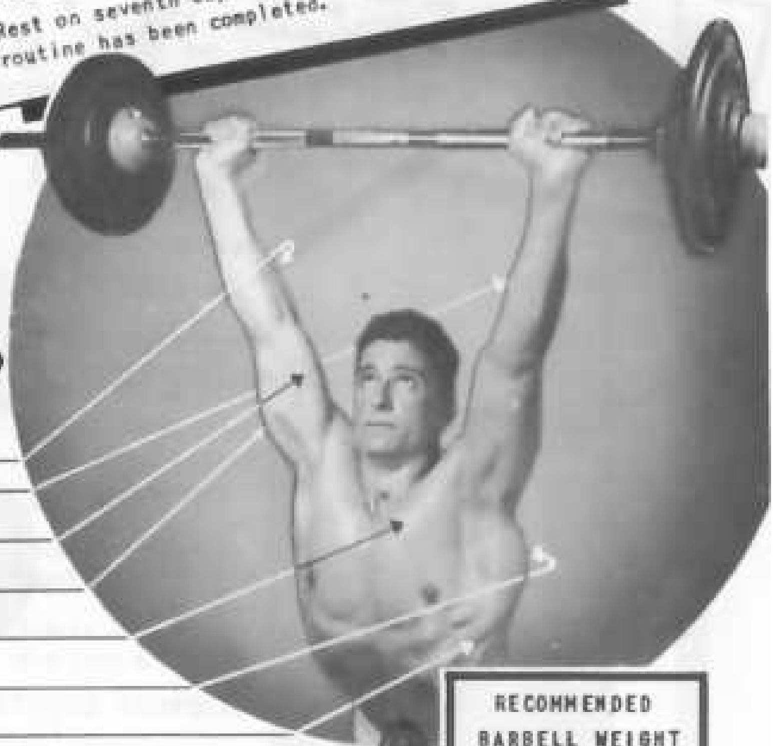
1st Day, Five times ☐ 4th Day, Eight times ☐
2nd Day, Six times ☐ 5th Day, Nine times ☐
3rd Day, Seven times ☐ 6th Day, Ten times ☐

Rest on seventh day. Check ✓ box each day when routine has been completed.

CHART NO. 4
1st WEEK

PLEASE NOTE THIS:
This is a basic exercise to develop and build up new muscle tissue in the DELTOID, PECTORALIS MAJOR, BICEPS, TRICEPS, and EXTENSORS OF THE FOREARMS.

ANALYSIS



EXTENSORS
FLEXORS
BICEPS
TRICEPS
PECTORALIS MAJOR
LATISSIMUS DORSI
SERRATUS MAGNUS

RECOMMENDED BARBELL WEIGHT
35 LBS.



B. PRESS POSITION

EXHALE...START TO INHALE... PRESS UP. TAKING IN AIR... EXPANDING CHEST



C. FINAL POSITION

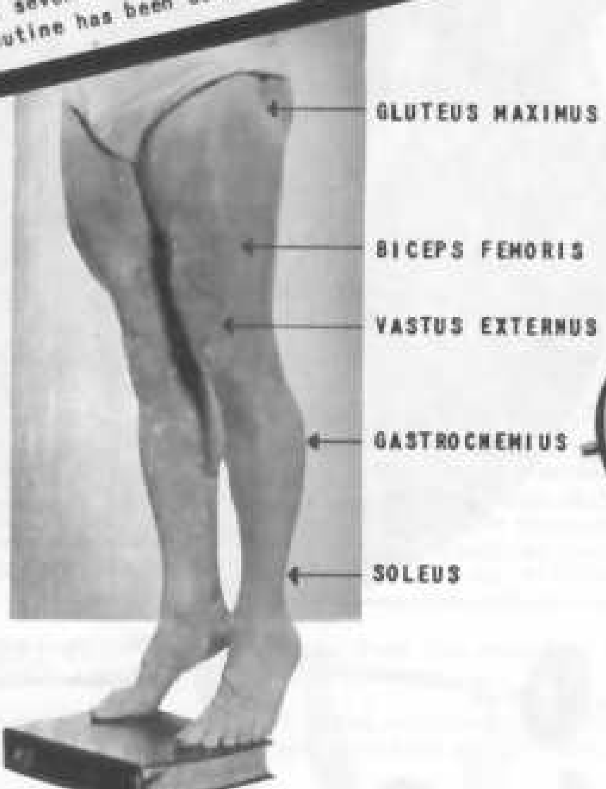
START TO EXHALE... LOWER BARBELL BACK TO POSITION B. READY TO REPEAT.

PROFESSIONAL
MUSCLE-BUILDING BARBELL SYSTEM

PHOTO-INSTRUCTOR CHART No.5 1st week

TRAINING SCHEDULE

1st Day, Ten times ☐ 4th Day, Seven times ☐
2nd Day, Nine times ☐ 5th Day, Six times ☐
3rd Day, Eight times ☐ 6th Day, Ten times ☐
Rest on seventh day. Check ✓ box each day when routine has been completed.



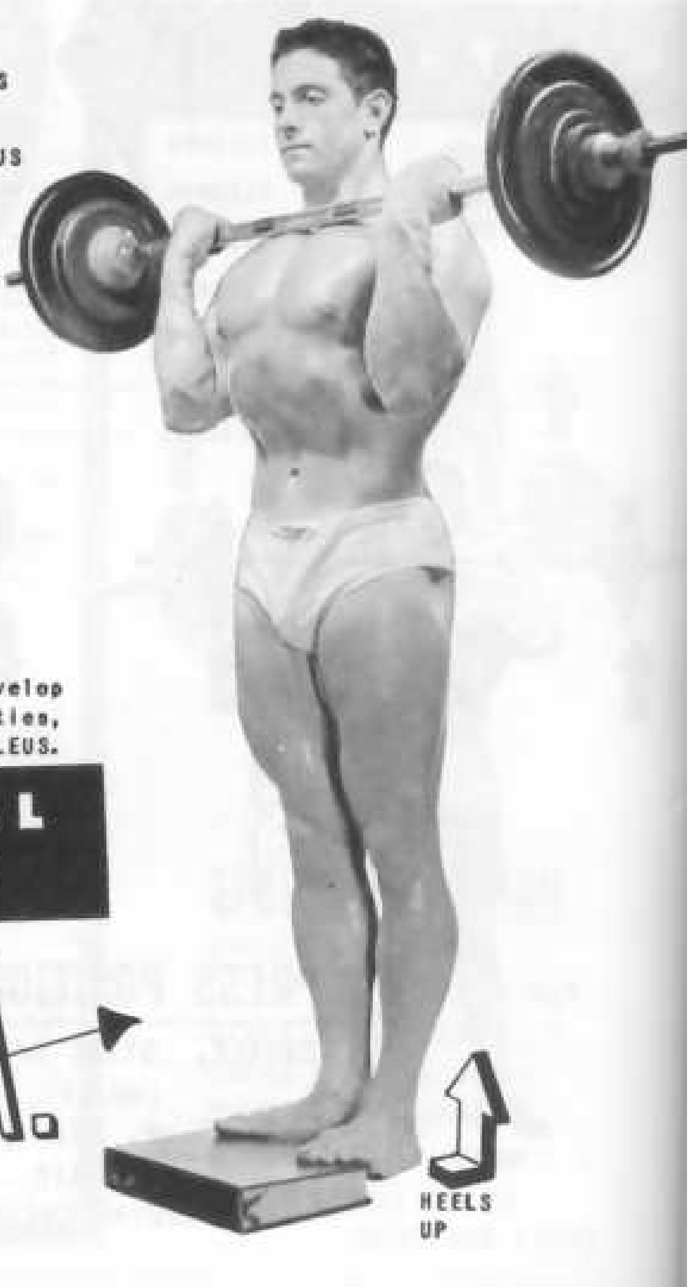
This exercise is designed to develop the muscles of the lower extremities, especially GASTROCNEMIUS and SOLEUS.

ANATOMICAL ANALYSIS

STARTING POSITION

A.

SLOWLY START
TO RISE...
BREATHE IN
SLOWLY.



Demonstrated by

ABE GOLDBERG

RECOMMENDED
BARBELL WEIGHT
35 LBS.

CHART
NO. 5
1st WEEK



BARBELL STRENGTH ROUTINE NO. 3

DETAILED TRAINING INSTRUCTIONS for "Leg & Foot Developer"

STARTING POSITION

Balance the bar across the chest, grasping it with the hands equally spaced from the ends. Feet together, stand with toes on block of wood or other support about 2 inches high. Heels rest on floor... Position A.

MUSCLE MOVEMENT

1. Slowly rise on toes, as high as possible. Keep knees rigidly straight, do not rise abruptly...Position B.
2. Slowly lower heels to the floor, back to starting Position A... ready to repeat movement.

BREATHING TEMPO

1. Exhale just before starting movement. As you rise from Position A to B...breathe in deeply.
2. Hold position for a moment, continuing to breathe in deeply, expanding chest. Then exhale slowly as you return from Position B back to start A.

TRAINING COMMENTS

Be sure foot support is solid. Do not risk anything flimsy. Keep barbell on chest until entire TRAINING SCHEDULE is completed.

B.

FINAL POSITION

HOLD UNTIL
CHEST IS
FULLY EXPANDED
...THEN EXHALE,
SLOWLY RETURNING
TO START A.

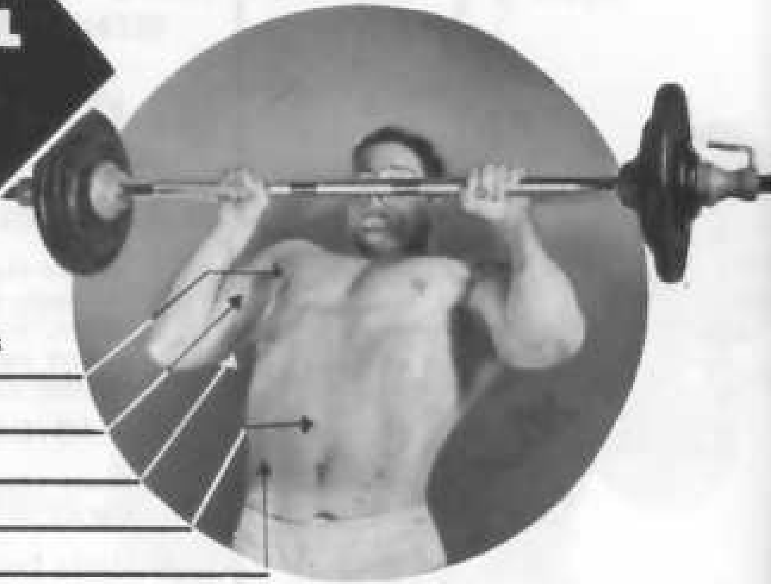
CHART
NO. 6
1st WEEK

PROFESSIONAL
MUSCLE-BUILDING BARBELL SYSTEM

PHOTO-INSTRUCTOR CHART No.6 1st week

ANATOMICAL ANALYSIS

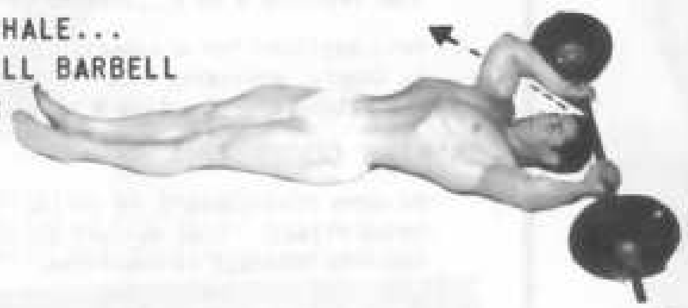
This is an excellent exercise to help develop the PECTORALIS MAJOR muscles across the chest, the DELTOID of the shoulders, the BICEPS and TRICEPS of the arms, as well as the numerous other muscle groups shown here in the diagram.



RECOMMENDED BARBELL WEIGHT
35 LBS.

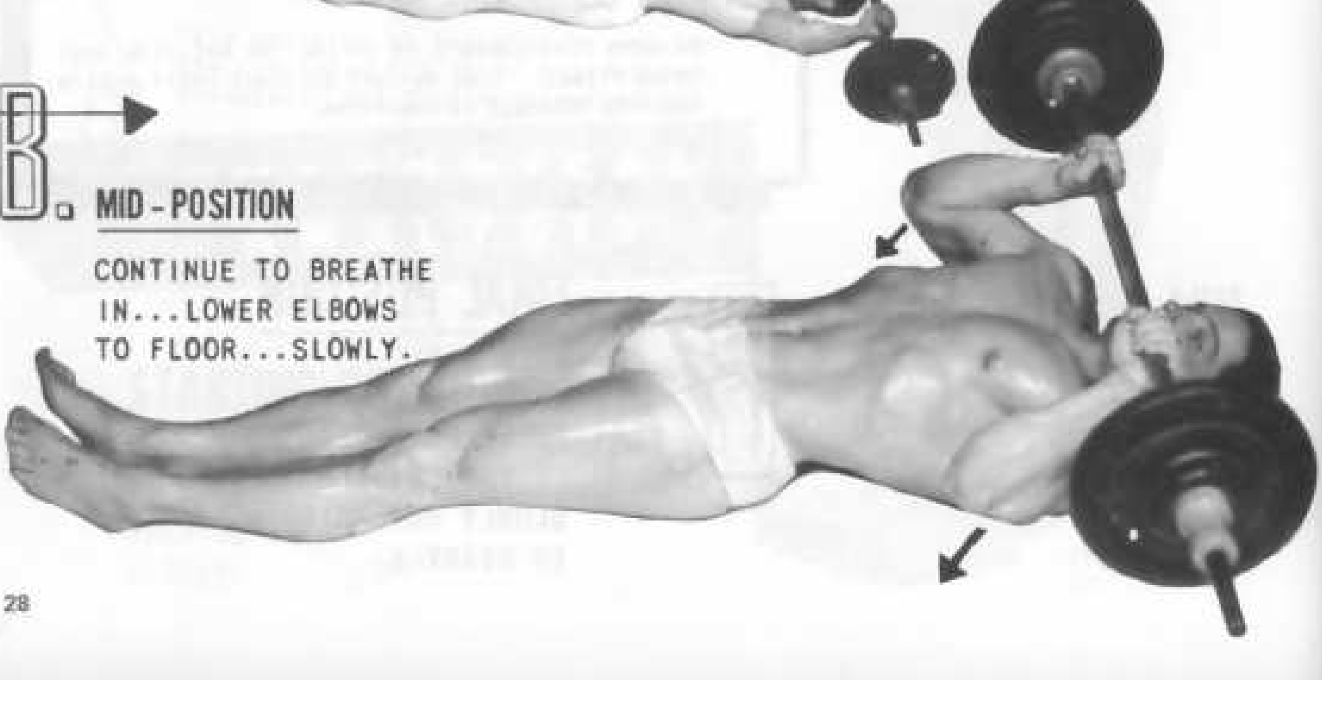
A. STARTING POSITION

EXHALE... INHALE...
START TO PULL BARBELL
UP AND OVER



B. MID-POSITION

CONTINUE TO BREATHE
IN... LOWER ELBOWS
TO FLOOR... SLOWLY.



DEMONSTRATED BY

ABE GOLDBERG

BARBELL STRENGTH ROUTINE NO. 4

DETAILED TRAINING INSTRUCTIONS for "Pull-Over & Press-on-Back"

STARTING POSITION

Lie flat on floor, on your back, with center of bar close behind head. Grasp the bar with the hands equally spaced from the ends, shoulder width apart, as in position A. Keep legs straight, heels together.

MUSCLE MOVEMENT

1. From starting position A, pull the barbell over face B, until elbows come to rest on the floor, as in C. Keep elbows close to sides.
2. "Press" the weight upwards until arms are straight. See D. Keep shoulders and buttocks on floor.
3. Lower barbell slowly to position C.
4. Return to starting position A.

BREATHING TEMPO

1. Before starting muscle movement...exhale. As you bring barbell over face...B...to position C, breathe in deeply. At position C...exhale.
2. Before starting the "Press", start to take a deep breath. Press up hard, while expanding chest to maximum.
3. Exhale slowly, as you lower barbell slowly to position C.
4. Inhale again as you return barbell to position A. Then exhale before repeating.

TRAINING COMMENTS

Should you be using small discs, the pull-over from A to C is easier if the hands are slightly less than shoulder width apart. This distance must then be increased before the press, in order to permit the arms to straighten out. Large discs may be rolled over the face to position C, ready for the press. During the press, the barbell should be brought over the face slightly so that the arms can be quickly locked in position, enabling you to hold the barbell for longer duration.

TRAINING SCHEDULE

1st Day,	Five times	☐
2nd Day,	Five times	☐
3rd Day,	Six times	☐
4th Day,	Six times	☐
5th Day,	Eight times	☐
6th Day,	Ten times	☐

Rest on seventh day. Check ✓ box each day when routine has been completed.

C. PRESS POSITION

INHALE...PRESS UP

D. FINAL POSITION

EXPAND CHEST... THEN BREATHE OUT.

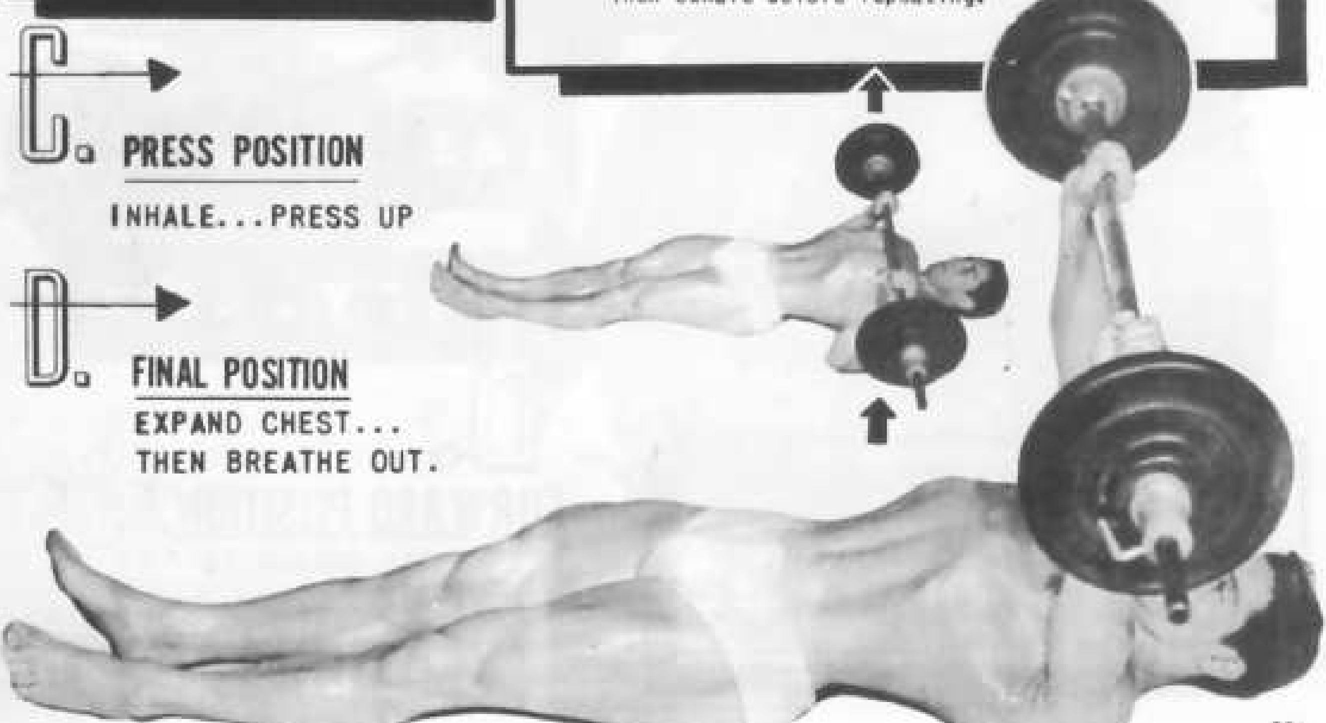
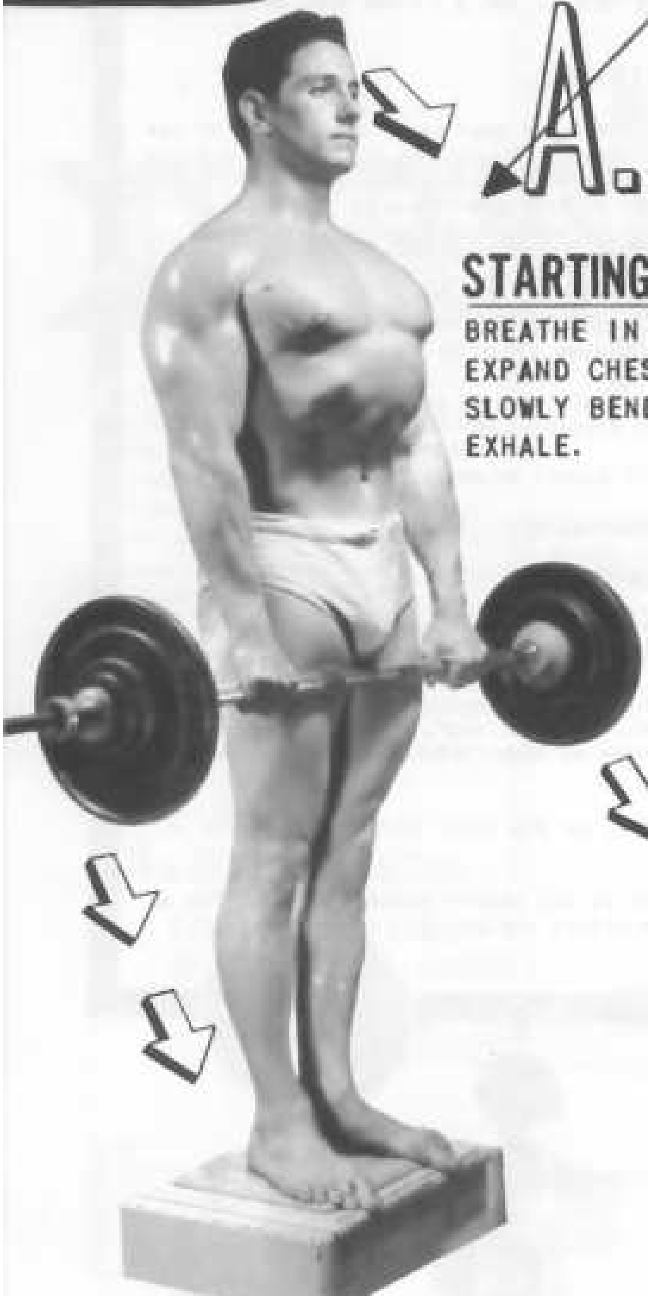


CHART
NO. 7
1st WEEK

PROFESSIONAL MUSCLE-BUILDING BARBELL SYSTEM

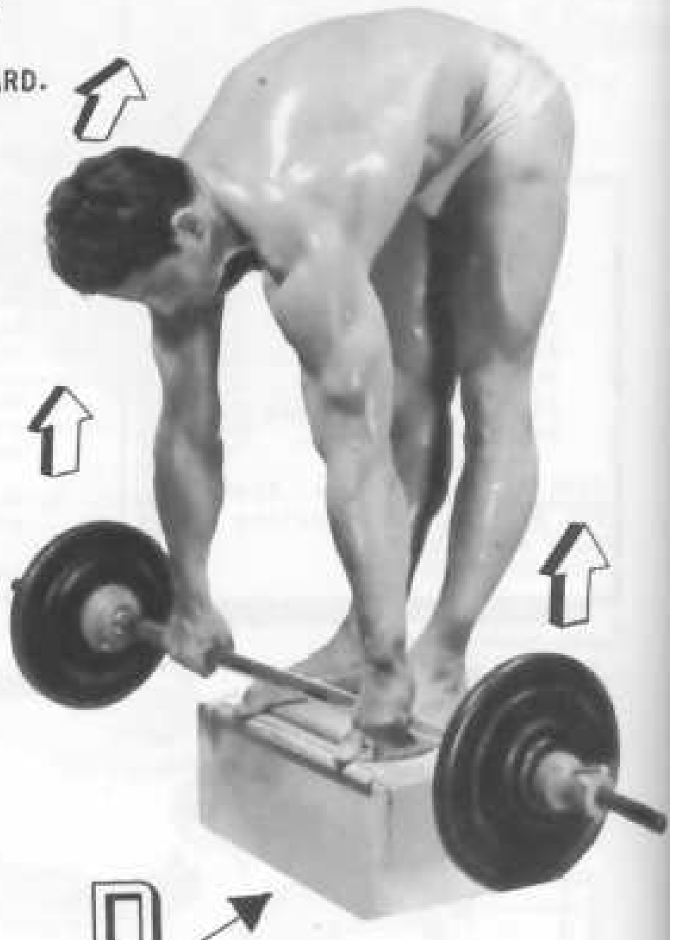
PHOTO-INSTRUCTOR CHART No.7 1st week

A.



STARTING POSITION

BREATHE IN DEEPLY
EXPAND CHEST.
SLOWLY BEND FORWARD.
EXHALE.



B.

FORWARD POSITION

HOLD UNTIL BREATH IS
ALL EXHALED.
BREATHE IN WHILE RISING
BACK TO POSITION A.

TRAINING SCHEDULE

1st Day, Five times	☐	4th Day, Eight times	☐
2nd Day, Six times	☐	5th Day, Nine times	☐
3rd Day, Seven times	☐	6th Day, Ten times	☐

Rest on seventh day. Check ✓ box each day when routine has been completed.

BARBELL STRENGTH ROUTINE NO. 5

DETAILED TRAINING INSTRUCTIONS for "Stiff-Legged Pick-Up"

CHART NO. 7
1st WEEK

Demonstrated by
ABE GOLDBERG

STARTING POSITION

Stand on solid box, stool or other strong support about 12 inches high. Hold barbell, palms turned inward, arms hanging straight, as in position A.

MUSCLE MOVEMENT

1. Without bending knees, bend forward and lower barbell as far as possible...position B.
2. Slowly straighten up to position A, ready to repeat movement.

BREATHING TEMPO

1. Breathe in deeply expanding chest to maximum, just before starting to bend forward...position A.
2. Exhale slowly as you bend forward. Time breathing so that lungs are as empty as possible, when barbell has reached lowest limit at position B.
3. Inhale steadily while rising back to starting position A.

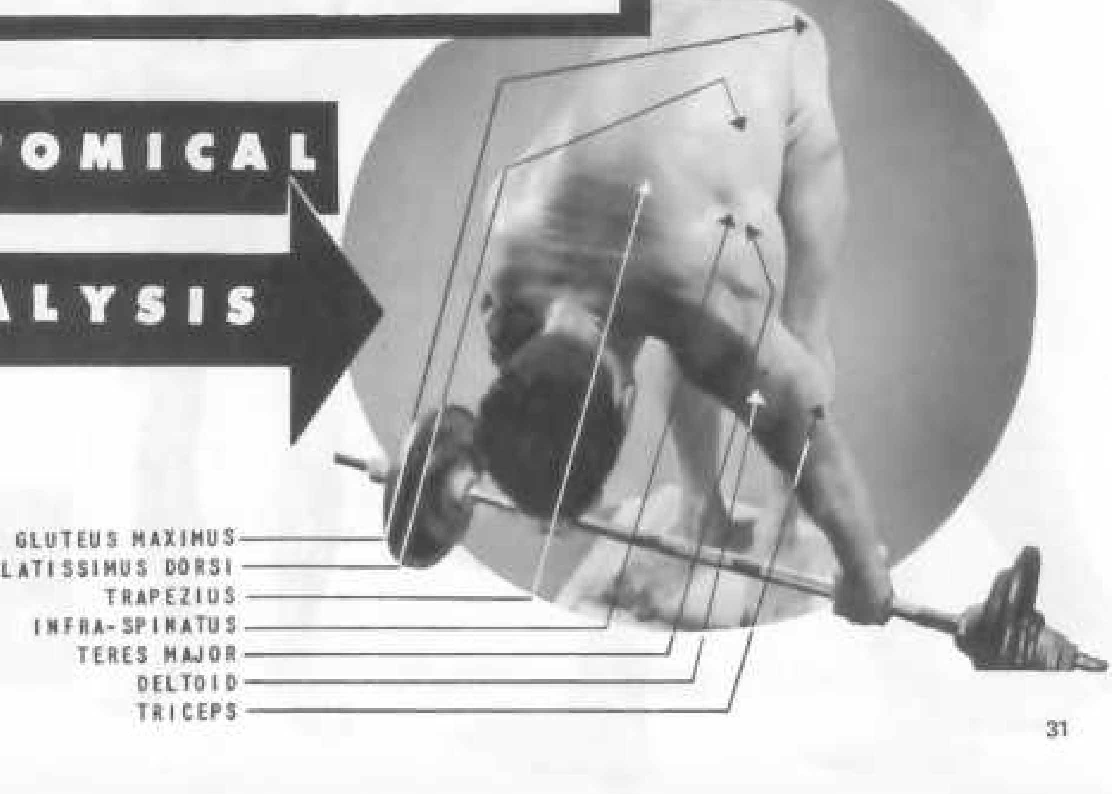
TRAINING COMMENTS:

At first, be careful not to reach too far forward, lest you lose balance. Do not make movement abruptly. Bend over and rise slowly...don't let the bar pull you down...lower it gently.

RECOMMENDED BARBELL WEIGHT
35 LBS.

Here is an exercise...repeated from day to day with additional counts, and slowly adding to the weight used...will build up sturdy muscle tissue across the shoulders, back, hips, and legs. The principal muscles brought into training are the DELTOID of the shoulders, TRAPEZIUS, LATISSIMUS DORSI, and GLUTEUS MAXIMUS.

ANATOMICAL ANALYSIS



TRAINING SESSION No 2

LIST OF CONTENTS 2nd WEEK

LIST OF CONTENTS

CLASSICAL & ANATOMICAL POSES by DEMONSTRATOR Frank Leight







JOE BONOMO *Professional* MUSCLE-BUILDING BARBELL SYSTEM

LIST OF CONTENTS 2nd WEEK

(CONTENTS CONTINUED)



LIST OF CONTENTS 2nd WEEK

HEADQUARTERS OF
STRONGMEN'S CLUB
OF AMERICA

LETTER
NO. 2
2nd WEEK

A Message from the Director

Joe Bonomo

1841 BROADWAY NEW YORK, N. Y. 10023

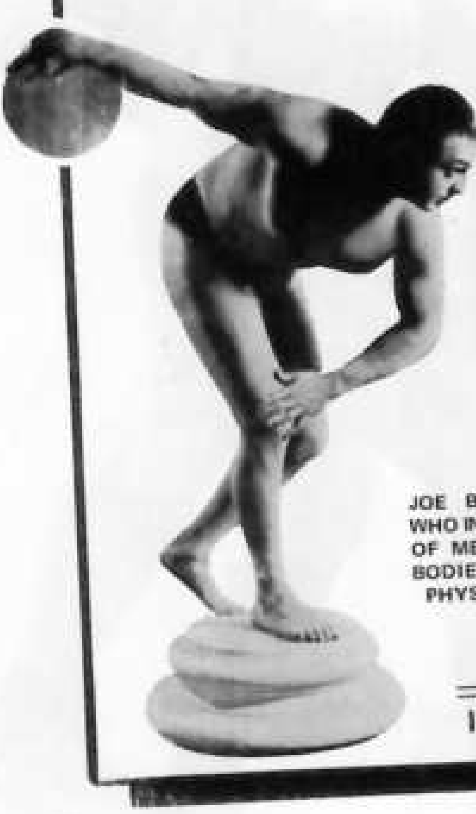
Dear Student:

By now I hope you've checked off all your Training Schedules for your first week's Training Session? If you normally neglected the muscles of your body, I'm sure you've already discovered...through little stiff aches and pains...muscles which you probably never knew you had. These muscle aches are a sign that your muscles have been lying idle for a long time. Today you probably have to depend on where they hurt to let you know a strange muscle has been given a work-out. Before many weeks are over, if you are conscientious about your training, you should be able to actually see these muscles, actually standing out from your body, rippling with every movement.

If any of your muscles you've been using so far seem a bit stiff, there is probably no cause for alarm, unless you've unduly strained yourself. In most cases, this is just an indication that these muscles have been too long neglected, and are now really being put to hard healthy work for the first time in their existence. Before long...when your body is tuned up, properly conditioned by the previous week's training...this stiffness and soreness, should disappear. After exercising, although you should feel physically tired, your tensed nerves should be completely relaxed. Each day you will sense a feeling of buoyancy pervading your entire body, new energy will flow through your system...everything you attempt will be easier to do, and will be done more efficiently; because each day, day by day, you will be making every part of your body more awake.

Not only will your physical health and stamina improve...but with it you will feel a new mental aliveness. You can't but help to stimulate the mind, when your blood stream and every gland in your body is given natural stimulation.

Your entire personality will slowly change. You'll see it in your own mirror and in other people's eyes. Your new found enthusiasm for living will elicit comments of admiration from the women folk, remarks of envy from the lazier, less endowed male acquaintances. As the weeks go by, you'll learn to understand this new you, this spirit of being the center of attraction in every circle. This sparkling, new ambitious personality that



JOE BONOMO, THE MAN WHO INSPIRED THOUSANDS OF MEN TO BUILD THEIR BODIES TO THE PEAK OF PHYSICAL PERFECTION.

INTERNATIONAL AUTHORITY ON HEALTH AND PHYSICAL DEVELOPMENT

Joe Bonomo...

• 1841 BROADWAY
• NEW YORK, N.Y. 10023

INTERNATIONAL AUTHORITY ON HEALTH AND PHYSICAL DEVELOPMENT

LETTER NO. 2 2nd WEEK

your new body is remaking for you will become a source of deep gratification. That's why, during this week, I want you to keep your workouts going...even in spite of some stiffness and soreness of muscles awakening for the first time. A serious and conscientious effort on your part, throughout this week will further build muscle strength.

Keep up the good work, ever with your eye on your new future. Make up your mind to enjoy every minute of these lessons. Any psychologist or modern psychiatrist will tell you that the man who fails at one thing, will become afraid to try anything new. Remember, success breeds success. The man who succeeds in building up his body, will develop habits to enable him to succeed in other equally important endeavors.

There is virtually no limit to what you may accomplish, once you start in the right direction. You are already headed right for the attainment of a more powerful body. The technique of success is within your grasp. I urge you...strongly advise you to learn how to apply it.

Don't let yourself down this week...even though the exercises become more difficult. You have a scientific course that specifically goes to work on various muscle groups of the body...and you must get down to serious business. If you don't, the consequences will show up in the many following weeks to come...and instead of whizzing through this Barbell System...and coming out on top...you'll limp through things and get very much less out of this course than that which can be yours.

Right now you've got to make a decision...and that is this: Are you ready for this week's new routines? If not, don't do them! Go back over the first week's work... and spend another week on the routines. If the answer is yes, then start in and get going on things. This is a very important week in your life...for you are getting your body in great shape for the exciting muscle-building routines that follow in the weeks to come.

All in all...you're on your way...so get going...NOW!



Your friend and instructor,

Joe Bonomo

When the studio decided on a photo session they usually came up with interesting poses. Here are two of my favorites – "The Discus Thrower" and "The Thinker".

On this page, just before you start each training session, are presented a series of typical student questions which are usually asked at various stages of training. Each week I will answer these questions, just as if you had asked them of me personally, right in your own home. I strongly urge you to read these carefully. Many points of interest to you are taken up. You'll find the answers informative and of invaluable aid to you in your training.

QUESTIONS & ANSWERS 2nd WEEK

QUESTIONS & ANSWERS



by Joe Bonomo

INTERNATIONAL AUTHORITY ON HEALTH AND PHYSICAL DEVELOPMENT

QUESTION: What is the best time for exercising?

ANSWER: Choose the time which best suits your convenience. After you have gone through your first week's workout, you will know just how long it takes you. Since different men work at a different pace, no set time can be allotted. As long as you do each exercise with thoroughness and a will to get the most out of the course, you will achieve maximum benefit in dividends of muscle, new vigor and strength. You can best decide whether to work before breakfast or in the evening, or do part of the routines in the morning and the balance in the evening. Never skip a day—except the day a week allotted for rest period. Skip a day, then two—and before you know it, your dream of a new body covered with rippling, steel-like muscles will be a pipe-dream. Make a regular habit of your muscle workouts.

QUESTION: Should I do any warm-up limbering exercises before starting the exercises scheduled?

ANSWER: Yes, a limbering-up routine is advisable. So much work has to be covered in this course that space is unavailable for detailing exercises. Most general arm-swinging and bending and squatting exercises will do to get the blood circulating lustily through your veins. In other books I have published are scores of excellent limbering routines. Included in this course are Dumb-bell Warm-Up Routines. Do a few limbering exercises before doing the regular Dumb-bell Routine included here.

QUESTION: What is the best way of going about doing the routines shown?

ANSWER: First, read all the material in a week's session. This will give you a comprehensive view of your week's work. Then before doing each exercise, scan the page on which the exercise is listed to refresh your memory. This automatically gives your body a rest between each exercise...and at the same time stimulates your thinking ability. Don't run through your exercises. The way to build powerful muscles is to work hard, not only physically, but to apply all your mental faculties to the exercise as well. Concentrate your attention on the job at hand to achieve maximum results. You must make hard work of it. When you think you have come to your limit in doing a routine, just say to yourself: "Come on now, a little more will and effort here." That little extra effort means more than can be said in words.

QUESTION: Do I need special clothes for these routines?

ANSWER: A pair of good sneakers, or athletic boots and shorts is all the outfit necessary. If you prefer you may exercise in your bare feet. This is sometimes advised as it permits greater foot movement. Do not exercise on loose carpets and watch out for slivers from the floor if the boards are bare. Many men prefer to wear a supporter. Do not wear a sweat shirt, unless you are interested in reducing. Allow as much of your body as possible to be exposed to fresh air—but keep away from draughts. Leaving the body uncovered will aid in the evaporation of waste products thrown off in the perspiration.

QUESTION: Should I take a shower or bath after exercising?

ANSWER: Yes, by all means be sure to wash off perspiration from your body. If you are really sweating, use lukewarm water at first, then taper to cold. Do not jump under an ice-cold shower just to convince yourself you are rugged. If conditions are such that you cannot immediately take a shower or dip, sponge yourself off. When through, rub yourself with a rough towel.

Meet Your Demonstrator



QUESTIONS & ANSWERS 2nd WEEK

Memo from J.B.

Your decision to go ahead with this muscle-building system indicates your determination --and determination to succeed is the only key to success--not only achievement in terms of muscle...but achievement in every field of endeavor. Make a habit of finishing what you start...you'll find no task too difficult to accomplish!

QUESTIONS & ANSWERS 2nd WEEK

MEASUREMENTS	
UPPER ARM	17¾"
FOREARM	14"
CHEST	48½"
WAIST	34"
THIGH	25"
CALF	17½"
NECK	17¾"
WRIST	8"
ANKLE	10¼"
HEIGHT	5' 11½"
WEIGHT	215 LBS.

QUESTION: Should I relax after exercising?

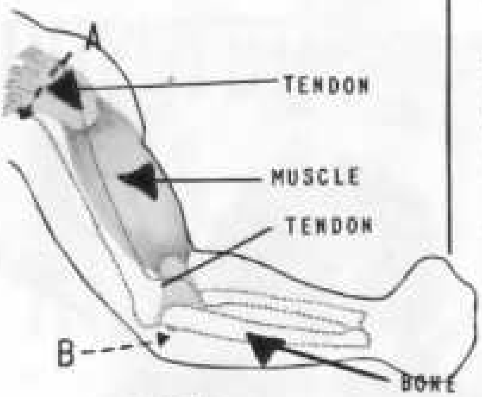
ANSWER: In its own way, relaxation is as important as exercise, and should be indulged in after every exercise period, immediately after drying off on completion of the shower. When you have concluded your rub-down, relax at full length on a couch or bed, prone on the back, without a pillow. Draw a sheet or blanket over the body to protect it from any strong draught. Remain there, fully relaxed for at least ten minutes. Remember, during this period, the blood carries material for new tissue to the muscles—and carries off the waste tissue.

QUESTION: Can I use heavier weights than those recommended for each training session?

ANSWER: The approximate weight of the Bar Bell to be used is given for each exercise. The weight YOU use need not be the weight recommended. If you are a Bar Bell beginner you will want to start out with a lighter weight. If you have done Bar Bell work before, you'll want a poundage which offers a real challenge to muscle work. You may also add to the number of times recommended for each routine in the schedules. These suggested are to be regarded as a minimum schedule.

your MUSCLES.

HEALTH LECTURE 2nd WEEK





Mother Nature has displayed an amazing sense of mechanics when she developed the muscular system of living organisms. A basic law of mechanics is action versus counter-action. When you push on a wall, your hand would go right through, or the wall would collapse; if the wall did not exert a force equal in strength and opposite in direction to the power you exert against it.

Similarly when you contract a muscle, for instance your biceps, your forearm would snap right up against the shoulder if there was nothing to oppose this reaction. However, Nature has endowed your body with sets of complementary or opposing muscles, usually acting in pairs. These complementary muscles work as a team, one bends the arm the other straightens it.

The muscles which bend the bones, with the joints as an axis or pivot point, are called FLEXOR MUSCLES. Those which straighten out the limbs are called EXTENSOR MUSLCES.

The biceps on the front of the upper arms are FLEXOR muscles. Their duty is to pull up the forearm. To complement or balance these muscles, are the TRICEPS on the back of the arms, whose duty is to act as EXTENSORS, straightening out the arms again.

In similar fashion, the FLEXOR of the hands are on the palm, the FLEXORS of the leg at the back...in both cases inside the curve or fold caused by the bending action.

Because of the structure of the body, and its normal position with respect to the ground, the tendency is to develop the FLEXORS of the arms and legs, at the expense of underdeveloping the EXTENSORS.

Try this little experiment. Turn your palms up. Now flex the biceps, bending your arms up part way. Relax, and note how GRAVITY pulls the bent arms down again - without the EXTENSORS doing any work.

Now raise your arms shoulder high, letting the forearms hang limply down. Now raise the forearms using the TRICEPS to do so. Note how much more effort this takes, how much more MENTAL concentration to make the TRICEPS work. This is because the TRICEPS are habitually neglected.

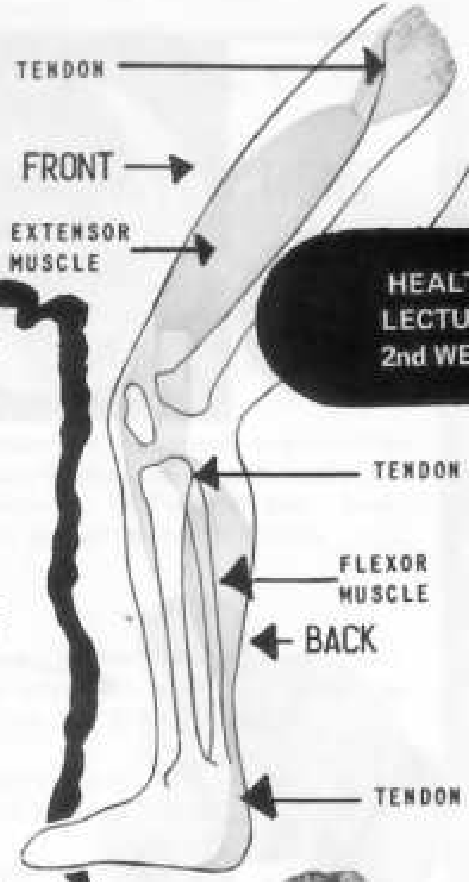
MUSCLE-DIAGRAM ILLUSTRATIONS

by DR. JOHN GILMORE

MEDICAL ILLUSTRATOR FOR AUTHORITATIVE MEDICAL JOURNALS AND SCIENTIFIC RESEARCH ORGANIZATIONS.

HEALTH LECTURE No. 2 2nd WEEK

how they function.



Sit in a chair and note that is more difficult to straighten the legs out in front of you, that it takes slightly more CONCENTRATION to do so, than it does to bend the legs. Again because the EXTENSORS have been neglected at the expense of the FLEXORS

If you ever desire to be able to punch with knockout force, you have to learn to punch with all the muscles of your body. The muscles which straighten out the arms, back and legs, not only must be conditioned, timed for maximum power...but they must be capable of delivering this power. Vital factors such as these are kept to the forefront throughout this system of muscle building. No muscle is neglected. The entire body is gone over and over...session by session. To miss one exercise is to neglect an important part of your training, to further neglect muscles which throughout life are more than sufficiently neglected. Do not skip an exercise. Do not favor one exercise over another. Don't play favorites with your muscles - because your neglected friends can become your most dangerous enemies.

Note in the upper diagram how the BICEPS are joined by tendons to the shoulders at A and the forearm bones at B. If tendon-bone junction at B were moved far out to the wrist (if such were feasible) the lifting power of the arm would be astounding, since the force exerted by the biceps would act through a large lever-arm. However, Nature has not found this practical. The BICEPS with so short a lever to work through, must exert terrific power to be effective. On the other hand, a small movement at B, caused by the contracting BICEPS, move the hands through a wide arc, quickly! From this arrangement great speed is more natural than great strength. To obtain unusual strength requires special muscle training such as presented in this course.

Fortunately for strength's sake, the bending power of the arm does not depend on the BICEPS alone. In flexing the arm, the forearm muscles also move into action. These muscles are attached both to the bones of the forearm and the upper arm, and when these are flexed in conjuction with the biceps, additional power results.

The arm becomes rigid when the muscles in the front and back are tensed at once, thereby locking the bones in place.

The lower diagram shows the principal muscles which support the weight of the body on the feet. The heel-bone acts as a lever, through wich the muscles of the calf of the leg operate, the lower backward set flexing the leg, the upper forward set extending the leg.

The contractility of the muscles thus pull on the bones, bending them about the joints as an axis. Every movement of the body is thus achieved by this pulling-power of the muscles. The greater the ability of each muscle to contract, the greater the pull, and the more effective is the body in achieving feats of strength.



CHART
NO. 8
2nd WEEK



JOE BONOMO

PROFESSIONAL
MUSCLE-BUILDING
BARBELL SYSTEM

PHOTO-INSTRUCTOR CHART No.8 2nd week

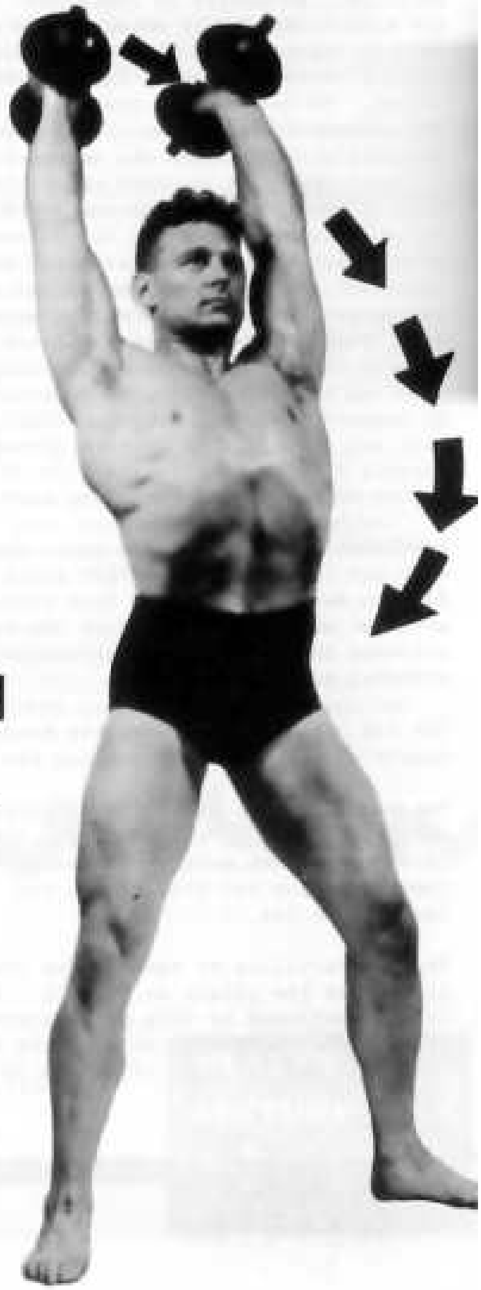


A.

STARTING POSITION
EXHALE...
INHALE WHILE
SWINGING
BELLS UP

B.

TOP POSITION
PRESS BACK...
INHALE DEEPLY...
EXPAND CHEST.



DEMONSTRATED BY
FRANK LEIGHT

TRAINING SCHEDULE

1st Day, Five times	☐	4th Day, Eight times	☐
2nd Day, Six times	☐	5th Day, Nine times	☐
3rd Day, Seven times	☐	6th Day, Ten times	☐

Rest on seventh day. Check ✓ box each day when routine has been completed.

RECOMMENDED STARTING DUMBBELL WEIGHT
5 TO 7½ LBS. EACH

DUMB-BELL WARM-UP ROUTINE NO. 3

DETAILED TRAINING INSTRUCTIONS for "Dumbbell Swing"

CHART NO. 8 2nd WEEK

STARTING POSITION

Stand with feet between twenty and twenty-five inches apart...at such distancemost comfortable for movement. Place dumbbells in front of you. Bending knees, reach down and grasp bells firmly.

MUSCLE MOVEMENT

1. Straightening legs, swing dumbbells up and overhead, keeping arms straight. Press backwards. Pause, holding position for a few seconds.
2. SLOWLY, lower dumbbells back...past starting position, pressing as far between legs as possible.
3. Return to Starting Position A.

BREATHING TEMPO

1. Exhale at start. As you swing bells out and upwards, inhale deeply.
2. During pause, while pressing bells backwards, expand chest to fullest.
3. Exhale slowly while lowering bells. Continue letting air out of chest until you are back at starting position.

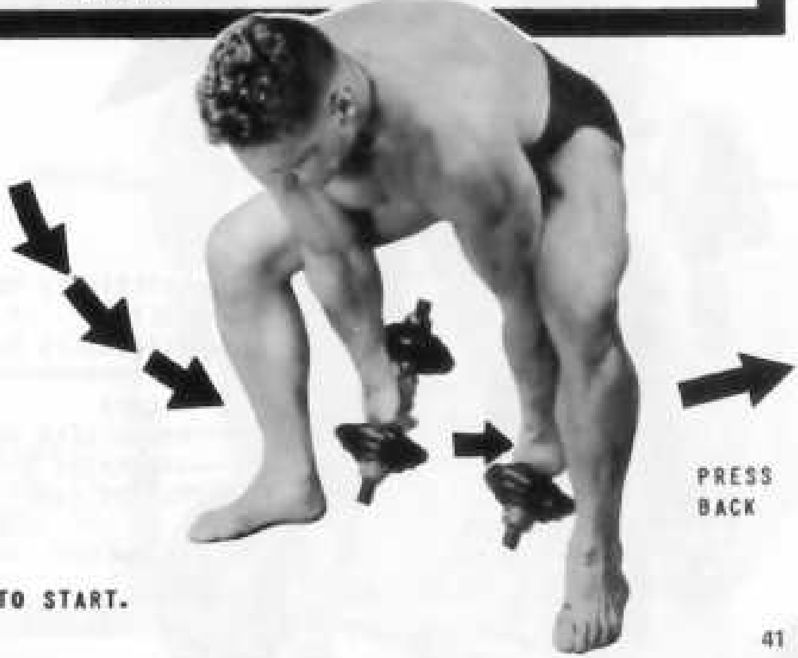
TRAINING COMMENTS

An excellent exercise to limber-up before starting slower, strength-creating barbell movements. Although the breathing tempo is difficult here, it is an excellent routine to help to develop correct breathing.

C.

LOW-BACK POSITION

EXHALE...
SWINGING DOWN...
PRESS UNDER
AND BACK.



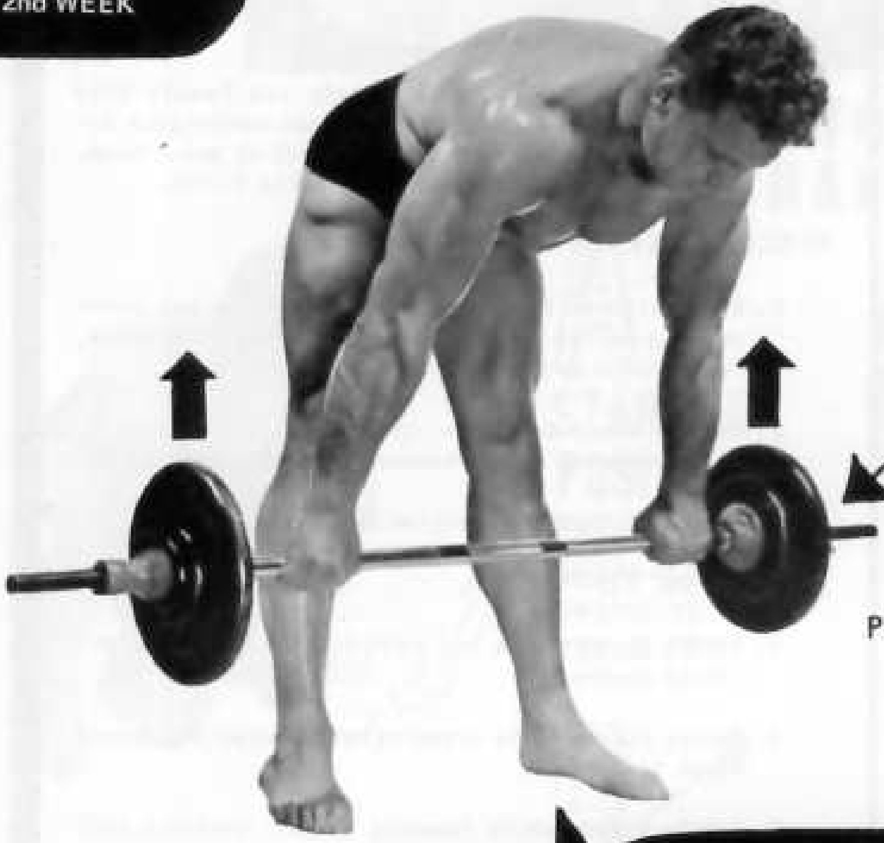
PRESS BACK

COMPLETE EXHALATION ON RETURNING TO START.

PROFESSIONAL
MUSCLE-BUILDING BARBELL SYSTEM

CHART
NO. 9
2nd WEEK

PHOTO INSTRUCTOR CHART No.9
2nd week



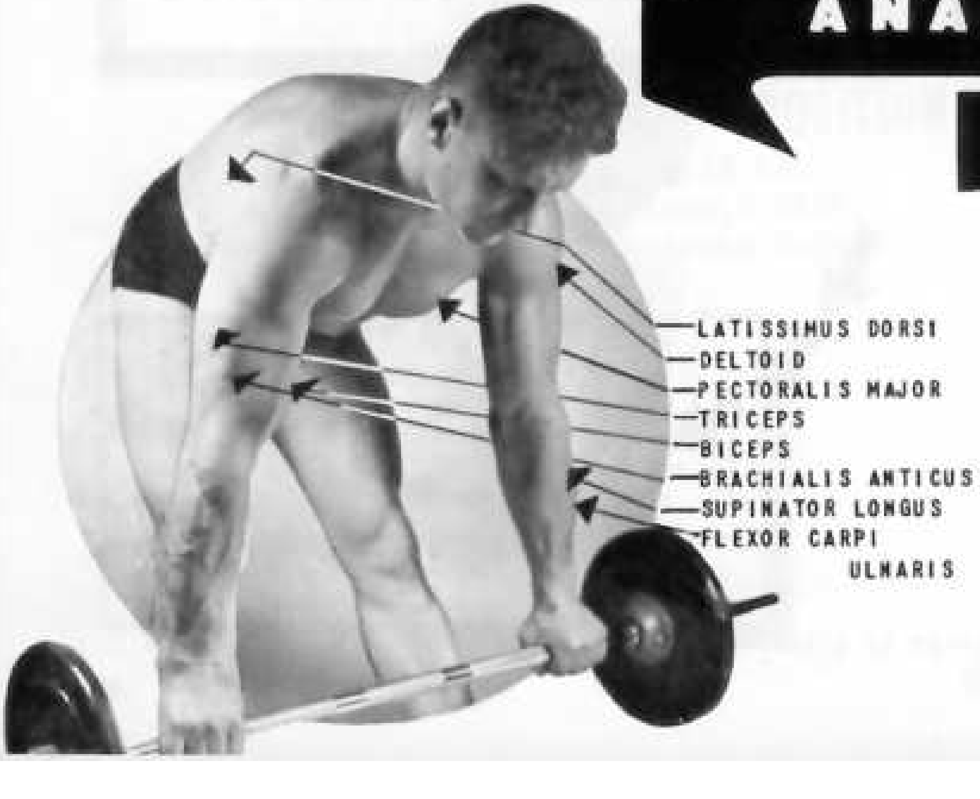
A.
STARTING POSITION

EXHALE... INHALE SLOWLY

PULL BARBELL
UP TO CHEST...

EXPAND CHEST
TO MEET BAR.

ANATOMICAL ANALYSIS



An excellent exercise to develop both the flexors and extensors of the arms. The principle muscles developed here... shown in the accompanying anatomical analysis diagram....are FLEXOR CARPI ULNARIS, flexing wrist...SUPINATOR LONGUS, flexing forearm...BICEPS, flexing forearm...BRACHIALIS ANTICUS, flexing forearm...TRICEPS, extends forearm...DELTOID, rotates arm ...LATISSIMUS DORSI, draws the arm backward and downward.

In conjunction with the breathing sequence, the PECTORALIS MAJOR, which draws arm down and forward... SERATUS MAGNUS which elevates ribs in breathing...and the OBLIQUUS EXTERNUS, which compresses the chest...obtain a coordinated workout.

RECOMMENDED BARBELL WEIGHT
35 LBS.

BARBELL STRENGTH ROUTINE NO. 6

DETAILED TRAINING INSTRUCTIONS for "Pull Up to Chest"

CHART NO. 9
2nd WEEK

STARTING POSITION

With palms down pick up barbell and stand erect, permitting arms to hang straight down. Keeping the back as straight and as horizontal as possible, bend from the waist, allowing the barbell to move forward, so that the arms are perpendicular to the floor. Position A

MUSCLE MOVEMENT

1. From Position A, pull the barbell up until the bar touches your chest...Position B. Do this by bending the arms and wrists as much as possible. Do not lift the body up from the horizontal position.
2. From Position B, lower the weight SLOWLY until the arms are straight again. Position A.

BREATHING TEMPO

1. Breathe out as you bend forward. At Position A, commence to inhale deeply, at the same time pulling the barbell up to the chest. Position B. Expand your chest to meet the bar.
2. As you return to Position A, exhale slowly...ready to repeat the next count.

TRAINING COMMENTS

Spread your legs at a comfortable distance so as to give the body efficient balance, enabling the leverage of the muscles to be fairly symmetrical.

NOTE: In these exercises, the timing of the breathing is given in order to develop the pectorals in conjunction with other muscles brought into play. Throughout the routine, think of rowing a boat, and try to follow that motion and rhythm.

DEMONSTRATED BY

FRANK LEIGHT

B.



RETURN POSITION

START TO EXHALE SLOWLY...
SLOWLY LOWER BARBELL BACK TO A.

TRAINING SCHEDULE

1st Day, Five times	☐	4th Day, Eight times	☐
2nd Day, Six times	☐	5th Day, Nine times	☐
3rd Day, Seven times	☐	6th Day, Ten times	☐

Rest on seventh day. Check ✓ box each day when routine has been completed.

PROFESSIONAL
MUSCLE-BUILDING BARBELL SYSTEM

CHART
NO. 10
2nd WEEK

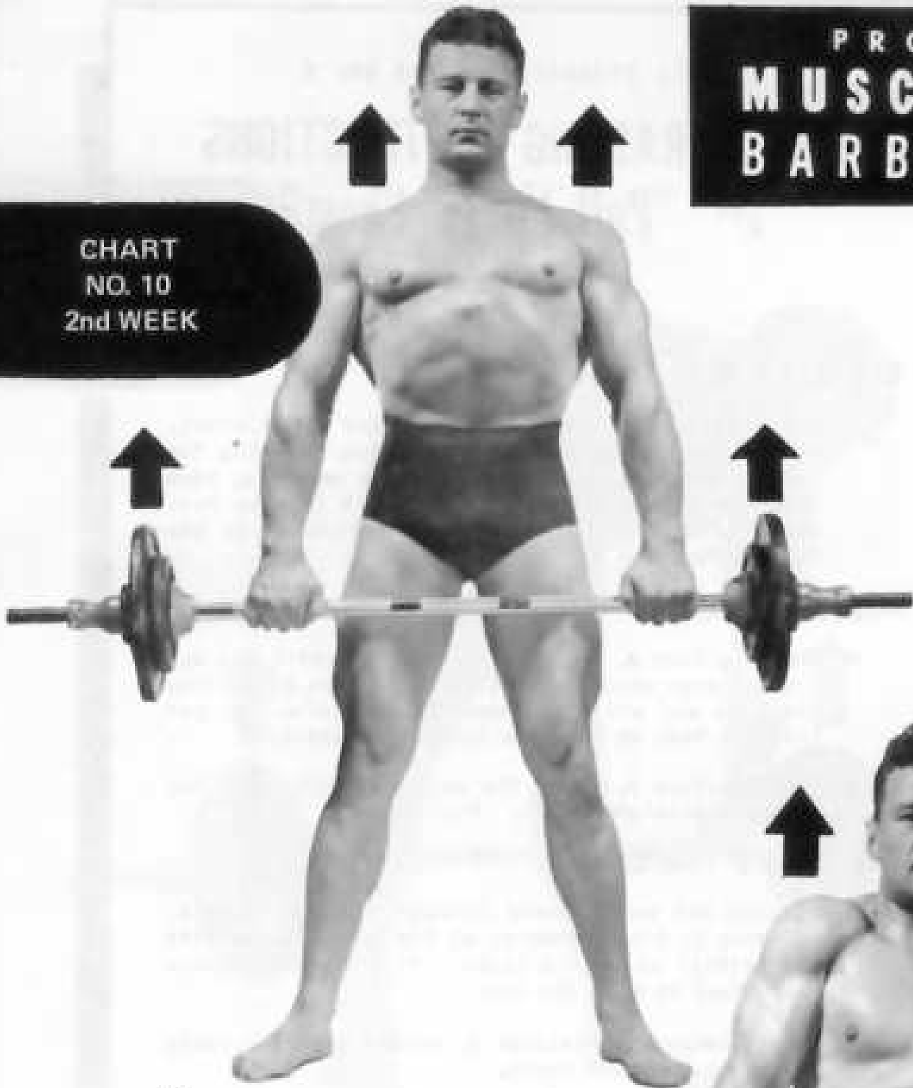
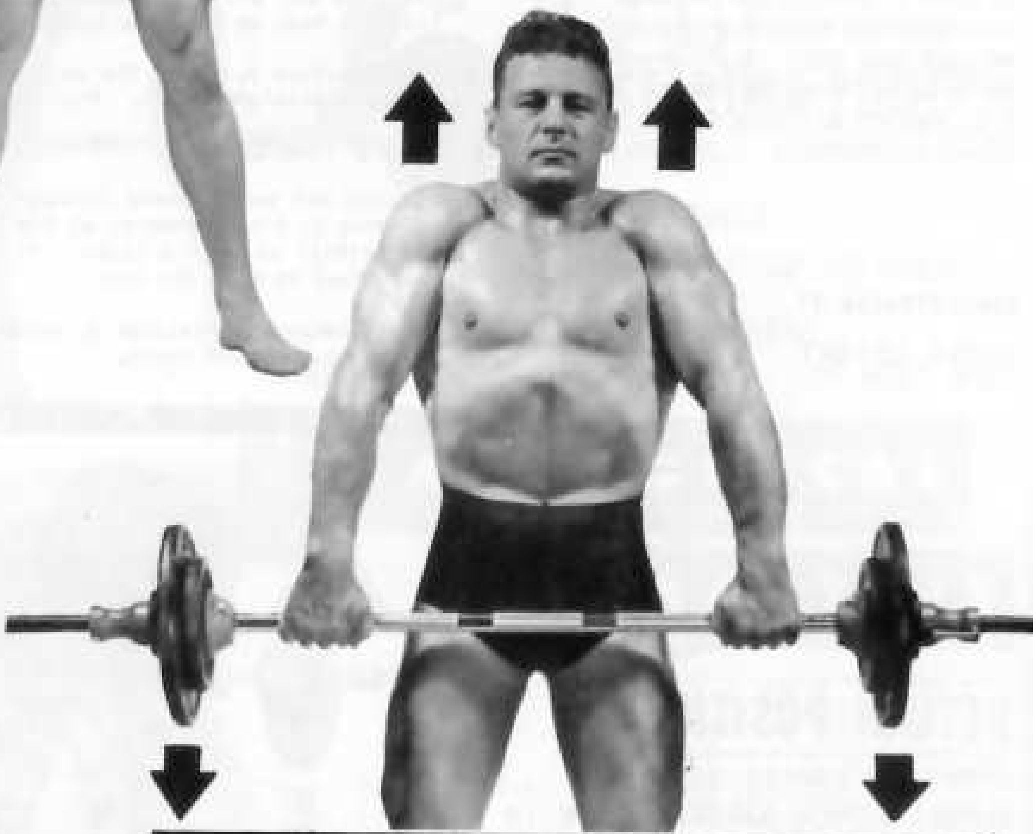


PHOTO INSTRUCTOR CHART No. 10

2nd week



A.

STARTING POSITION

EXHALE SLOWLY...
INHALE...
START TO "SHRUG" UP RAISING BARBELL. SHOULDERS HIGH, CHEST EXPANDED

TRAINING SCHEDULE

1st Day, Fifteen times ☐	4th Day, Twenty-Five times ☐
2nd Day, Seventeen times ☐	5th Day, Thirty times ☐
3rd Day, Twenty times ☐	6th Day, Thirty times ☐

Rest on seventh day. Check ✓ box each day when routine has been completed.

RECOMMENDED
BARBELL WEIGHT
35 LBS.

BARBELL STRENGTH ROUTINE NO. 7

DETAILED TRAINING INSTRUCTIONS for "Shoulder Shrugging"

CHART NO. 10 2nd WEEK

STARTING POSITION

Pick up barbell, stand erect, feet slightly apart for balance, arms at sides. Position A

MUSCLE MOVEMENT

1. Raise weight of barbell as high as possible, using *only* the muscles of the shoulders. Pull up as if trying to touch your ears with the shoulders. Position B

2. Lower barbell back to starting Position A.

BREATHING TEMPO

1. Exhale slowly...then, as you "shrug" shoulders up... breathe in, expanding chest to fullest dimensions. Position B

2. Exhale slowly, while returning to starting Position A.

TRAINING COMMENTS

On 3rd and 6th day, vary this routine by rotating shoulders as you "shrug" them up and down. Maintain correct breathing tempo.

DEMONSTRATED BY
FRANK LEIGHT

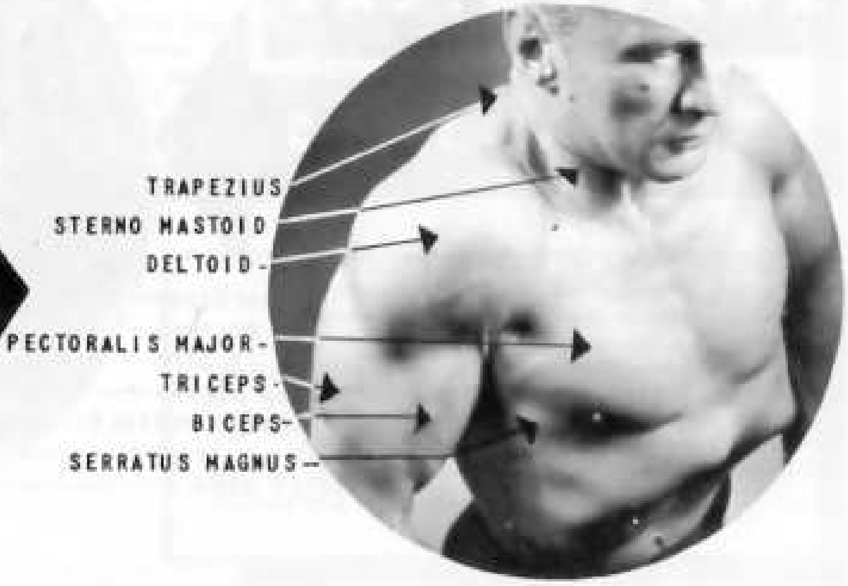
B.

FINAL POSITION

EXHALE SLOWLY...
LOWER WEIGHT
VERY SLOWLY...
RETURN TO A.

ANATOMICAL ANALYSIS

Especially designed to develop muscle strength in the chest, the shoulders and the back muscle groups; keeping them more flexible. At the same time giving you additional training in muscle control coordination.



DEMONSTRATED BY

FRANK LEIGHT

PROFESSIONAL
MUSCLE-BUILDING BARBELL SYSTEM

CHART NO. 11 2nd WEEK

PHOTO-INSTRUCTOR CHART No.11
2nd week



A.

STARTING POSITION

EXHALE...
INHALE...
BARBELL UP



ANATOMICAL ANALYSIS

When you alternate this exercise between fingertips up or knuckles up, you will find that development emphasis is placed on the different smaller muscle groups. In this fashion, care is taken not to concentrate all the development on one set of muscles, at the chance of neglecting the others. As a chain is as strong as its weakest link, your body will be as strong as its weakest muscles.



RECOMMENDED BARBELL WEIGHT
35 LBS.

FOREARMS HORIZONTAL

PAUSE... EXHALE... INHALE
SWING UP... EXPAND CHEST.
(See "a" and "b")

B.

FINAL POSITION

EXHALE...
INHALE... RETURN
PAUSE AND
EXHALE at B.
INHALE ON RETURN
AND TO A.
(THEN
EXHALE READY
TO REPEAT)

C.



BARBELL STRENGTH ROUTINE NO. 8

DETAILED TRAINING INSTRUCTIONS for "Two Hands Reverse Curl"

CHART NO. 11 2nd WEEK

STARTING POSITION

Grasp bar, with palms turned downward. Stand erect, so that arms hang straight, knuckles point out. Position A

MUSCLE MOVEMENT

1. Bring barbell upwards, until the forearms are parallel to the floor. Keep your elbows as close to sides as is comfortable. Do not jerk the barbell. Lift it slowly and deliberately. Position B

2. Pause in Position B for about two seconds, then continue upward movement until bar is level with shoulders. Position C.

3. Return from C to B. Again, pause at mid-position B. Then return to A.

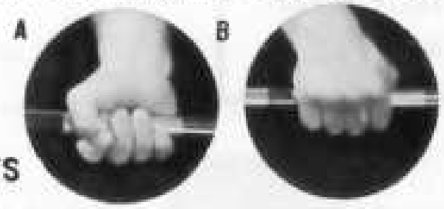
BREATHING TEMPO

1. Exhale at Starting Position A, just before raising barbell to Position B. Inhale while raising barbell to Position B. Lungs should be filled with fresh air by the time bar reaches B.

2. During pause at B, exhale. Then start to inhale again while going up to Position C.

3. At C, exhale. Then start to inhale while returning to B. At B, pause and exhale. Then inhale again while returning to A. At A, exhale, ready to repeat movement.

A B



TRAINING COMMENTS

Note the hands can be held in two different positions. (a) with fingertips up (b) with knuckles up, as demonstrated. On the first day, do exercise with fingers up (a). On the second day, do exercise with knuckles up (b). Alternate each day.

TRAINING SCHEDULE

1st Day, Five times	☐	4th Day, Eight times	☐
2nd Day, Six times	☐	5th Day, Nine times	☐
3rd Day, Seven times	☐	6th Day, Ten times	☐

Rest on seventh day. Check √ box each day when routine has been completed.

DEMONSTRATED BY

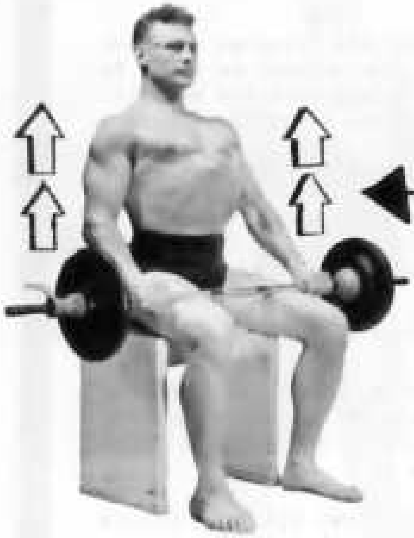
FRANK LEIGHT

PROFESSIONAL MUSCLE-BUILDING BARBELL SYSTEM

CHART NO. 12 2nd WEEK

PHOTO-INSTRUCTOR CHART No.12

2 nd week



A. STARTING POSITION

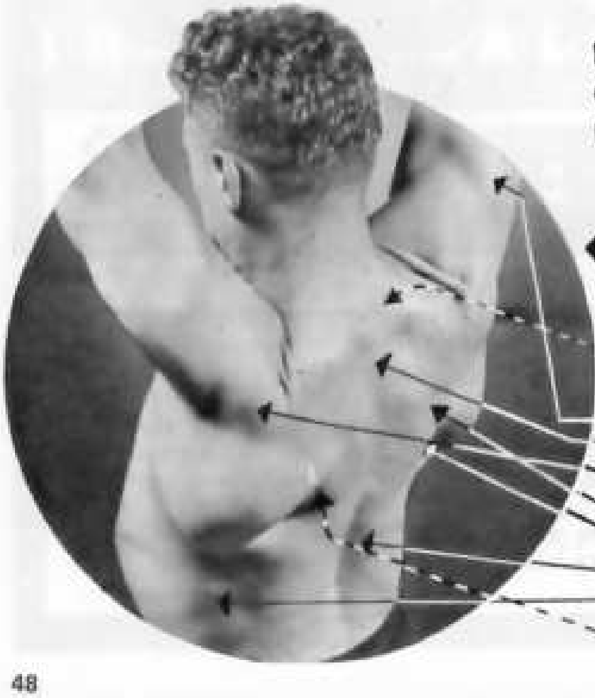
EXHALE... INHALE...
BARBELL UP,
KNUCKLES UP

RECOMMENDED BARBELL WEIGHT
42½ LBS.



B. MID-POSITION

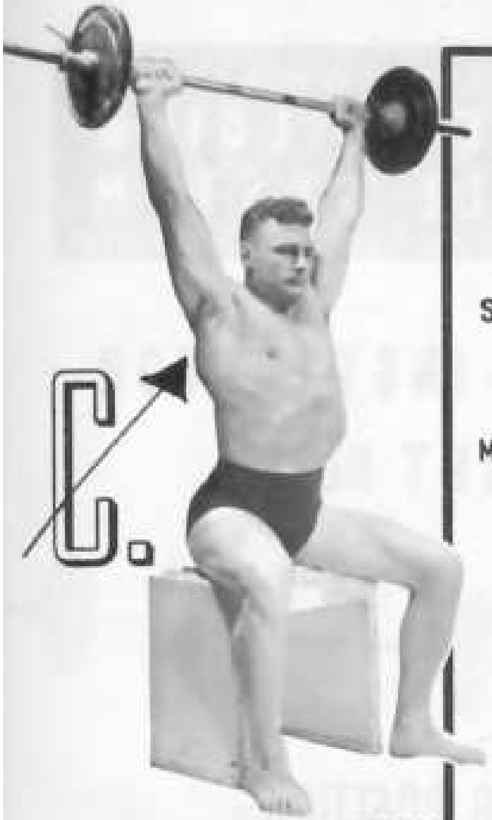
PRESS UP...
CONTINUE TO INHALE...
KNUCKLES UP



ANATOMICAL ANALYSIS

The LATISSIMUS DORSI, DEL TOID, RHOMBOIDEUS MAJOI and MINOR are at once brough into play during this routine. A the same time the BICEPS an TRICEPS and minor muscles o the arms are not neglected.

NOTE: RHOMBOIDEUS MAJOI & MINOR are under TRAPEZIU



C.

BARBELL STRENGTH ROUTINE NO. 9

DETAILED TRAINING INSTRUCTIONS for "Two Hands Press–Sitting Position"

STARTING POSITION

Sit on a strong chair or box with barbell at feet. Do not lean against back of chair. Grasp the bar, palms down and place it across your lap. Position A.

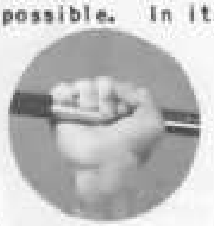
MUSCLE MOVEMENT

1. Bring the barbell up to shoulder level, by lifting it quickly, "shooting" the elbows under. Keep fingers turned downward. Position B.

2. "Press" the weight upwards to arms length. As you press the weight upward, keep it as far forward as possible. In its final position weight is held forward a little...grip x.



X



Y

3. Turning fingers upward...grip y...press the weight backward as far as you dare, all the time being sure not to lose your control of balance. Position D.

4. Bring weight forward to C, then down to B, and finally back to start A.

BREATHING TEMPO

1. Exhale at starting position. Inhale as you bring weight to position B. Exhale at Position B, ready to inhale for Press to C.

2. Inhale as you press up to Position C.

3. Inhale and expand chest wide as you lean weight back to Position D.

4. Exhale slowly when returning from D through Position C to B. Rest and inhale again at B. Exhale as you return to Position A, ready to repeat.

TRAINING COMMENTS

This is an excellent exercise to acquire the sense of balance required when it becomes necessary to handle weights running over the 150 lb. limit. It is so easy to lose balance in such movements. Here you learn to develop the muscular control required to just set the weight at the correct "balance" spot in heavy weight presses.

FORWARD POSITION

INHALE SLOWLY...
BARBELL UP,
KNUCKLES UP

BACKWARD BALANCE POSITION

EXPAND CHEST...
FINGERTIPS UP.



D.

TRAINING SCHEDULE

1st Day, Five times ☐	4th Day, Eight times ☐
2nd Day, Six times ☐	5th Day, Nine times ☐
3rd Day, Seven times ☐	6th Day, Ten times ☐

Rest on seventh day. Check ✓ box each day when routine has been completed.

PROFESSIONAL
MUSCLE-BUILDING BARBELL SYSTEM

CHART
NO. 13
2nd WEEK

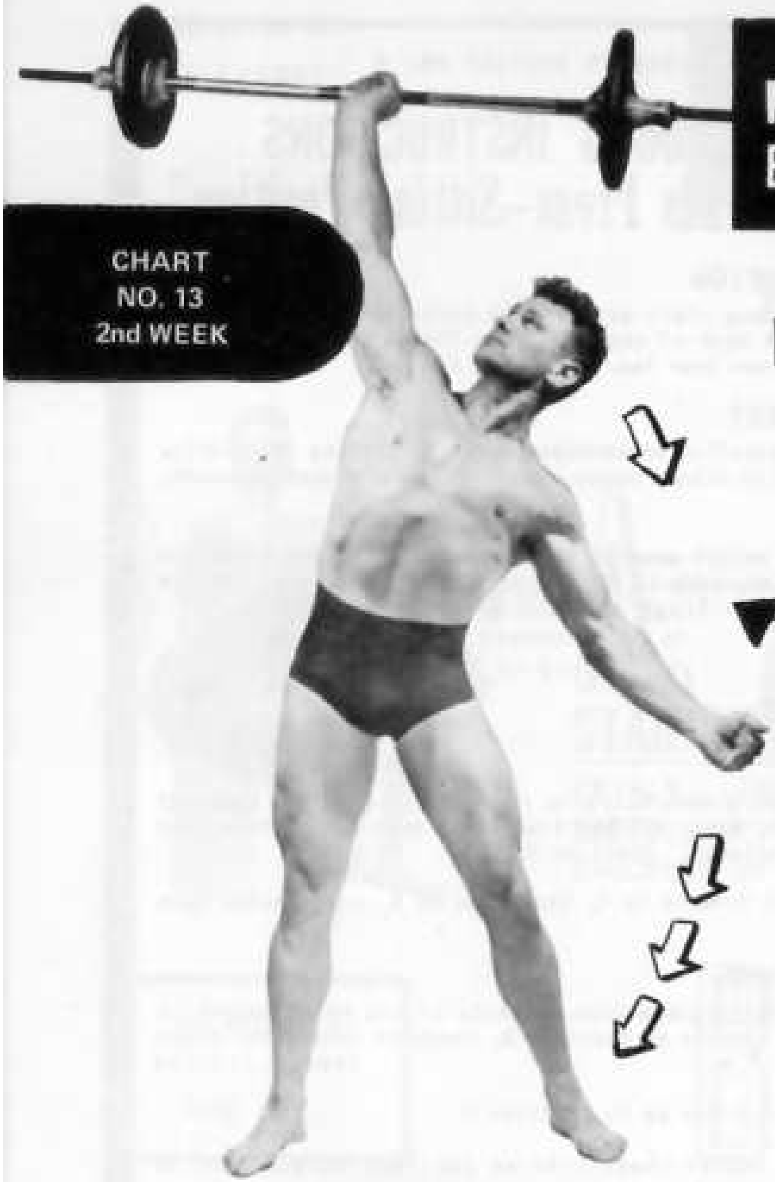
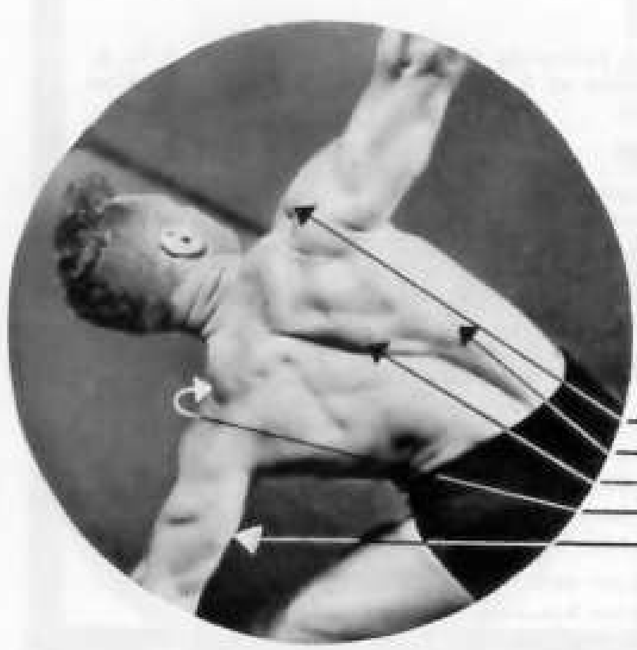


PHOTO-INSTRUCTOR CHART No.13

2nd week

A.
STARTING POSITION
SWING BARBELL HIGH:..
BREATHE DEEPLY.

B.
FINAL POSITION
SWING TO TOUCH TOE,
EXHALE SLOWLY,
INHALE ON RETURN TO "A"



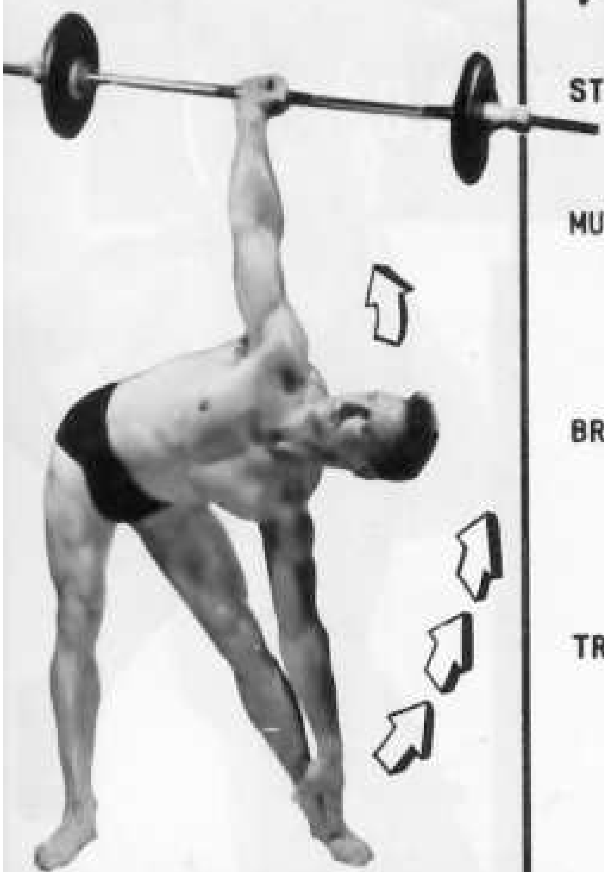
ANATOMICAL

Across the back of your body there are a series of massive muscles...the TRAPEZIUS which controls the action of the head and shoulderblades, the LATISSIMUS DORSI which control the arm's median and backwards movement

RECOMMENDED
BARBELL WEIGHT
20 LBS.

DEMONSTRATED BY
FRANK LEIGHT

CHART
NO. 13
2nd WEEK



BARBELL STRENGTH ROUTINE NO. 10

DETAILED TRAINING INSTRUCTIONS for "Side Bending, Barbell Overhead"

STARTING POSITION

Stand with feet at comfortable distance apart. Swing barbell high overhead with the right hand. Position A

MUSCLE MOVEMENT

1. Continuing to hold barbell up high, fingers facing up, knuckles down, bend forward SLOWLY to touch your left foot with left hand...Position B.
2. Return to Starting Position A.

BREATHING TEMPO

1. As you swing barbell to Position A, inhale deeply expanding chest to maximum girth.
2. On going down to B, exhale slowly. When lungs are depleted of air, return to Position A filling chest.

TRAINING COMMENTS

This is a difficult exercise to accomplish. Once mastered it will be a source of great gratification, and should fill you with a sense of muscular coordination achievement. Point of importance is the concentration of the student on the weight while exercising. The body should acquire a natural rhythm as your arms swing from the foot, gracefully during the bending and rising.

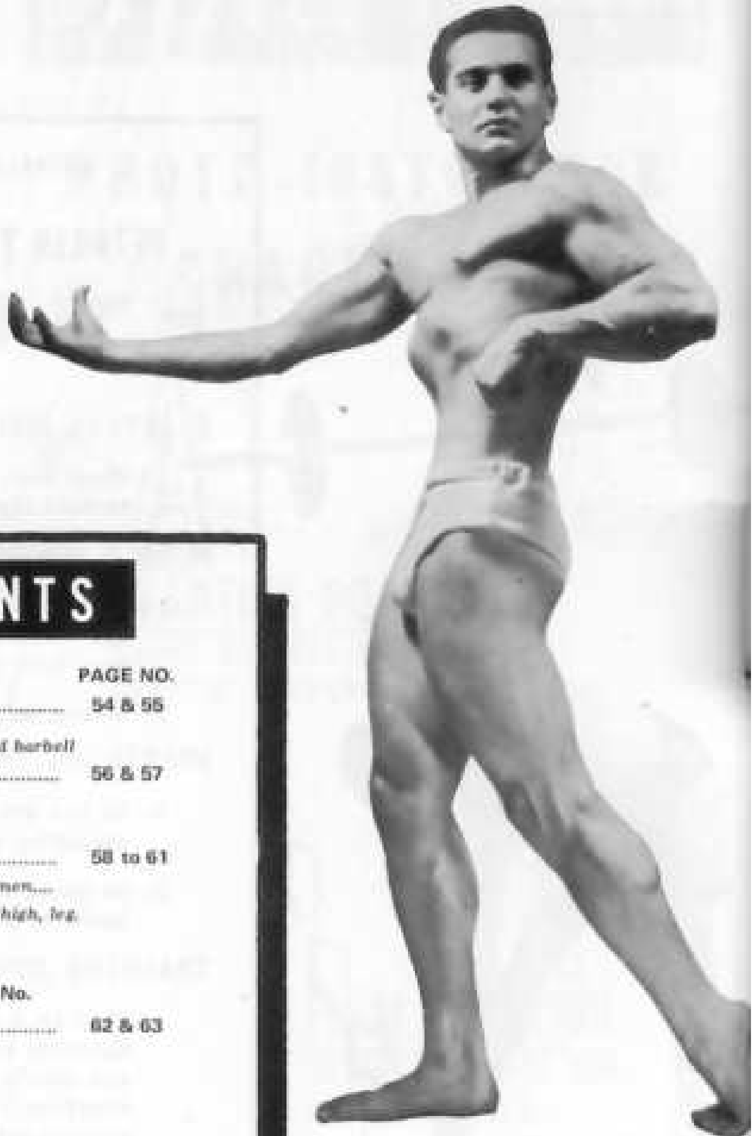
ANALYSIS

...muscle groups such as these are normally neglected in most training programs. Do this movement with enthusiasm and spirit, and you need have no fear of having excellent muscular support for your back bones.

TRAINING SCHEDULE

1st Day,	5 times, right hand high	5 times, left hand high	☐
2nd Day,	6 times, right hand high	6 times, left hand high	☐
3rd Day,	7 times, right hand high	7 times, left hand high	☐
4th Day,	8 times, right hand high	8 times, left hand high	☐
5th Day,	9 times, right hand high	9 times, left hand high	☐
6th Day,	10 times, right hand high	10 times, left hand high	☐

Rest on seventh day. Check ✓ box each day when routine has been completed.



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CLASSICAL & ANATOMICAL POSES by DEMONSTRATOR Val H. Pasqua

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3rd WEEK

JOE BONOMO
Professional
MUSCLE-BUILDING BARBELL SYSTEM

LIST OF CONTENTS
3rd WEEK





HEADQUARTERS OF
STRONGMEN'S CLUB OF AMERICA

A Message from the Director

Joe Bonomo

1841 BROADWAY NEW YORK, N. Y. 10023

LETTER NO. 3 3rd WEEK

Dear Student:

There's an ancient saying which claims that "anything worth having is worth working for". There is so much basic truth contained in that phrase, that it is often ignored. And like it, your health is often neglected too.

At a well known West Coast University, a professor of literature assigned an essay topic entitled; "The most important thing in my life". Hundreds of essays were written, some about wealth, some about knowledge, some about ambition, about love and about scores and scores of subjects. But only one student turned in an essay entitled "Good Health"...and that student, unfortunately, was a sickly cripple.

Here was a person who knew first hand about ill-health, about the misery and heartache that is the lot of one who lacks good health.

Too many of us take our health for granted, until it is too late. Then we too, quickly learn the handicaps that always come hand in hand with ill health.

Again I stress "Anything worth having is worth working for". Good health is the prime requisite of successful living, and good health is certainly a goal worth the effort required to achieve it. Follow the instructions outlined in these pages, go through the routines, and if you are a normal person...strength, vigor, energy...all the factors which add up to good health are yours.

If you have to miss a day's work-out, go through the warm-up routines, and start where you left off. Check off each day, in the boxes allotted, the routines completed. In this way, you can be assured, that the muscles of your body are being developed according to a planned system, and that none are being neglected at the expense of the others.



In some of the exercises you'll probably find you won't be able to use much weight at first. In fact, on the initial try you may find lifting the bar alone affords enough of a task.

Do not be discouraged however; before long, if you are persistent in your work, you'll be surprised at how much weight you can handle. You'll find it a good idea to keep a record of the weights you can handle in one of these more difficult routines. Enter the figure in a notebook from time to time...so that you will have a positive record of your progress.

INTERNATIONAL AUTHORITY ON HEALTH AND PHYSICAL DEVELOPMENT

Joe Bonomo...

• 1841 BROADWAY
• NEW YORK, N.Y. 10023

INTERNATIONAL AUTHORITY ON HEALTH AND PHYSICAL DEVELOPMENT

LETTER
NO. 3
3rd WEEK

You must exercise to build a powerful body. Each practice period will tend to make you stronger. The average man can't lift a hundred pounds over his head, yet by constant training with lighter weights...first about thirty, then forty, then fifty...he can build up an amazing, almost miraculous strength enabling him to lift well up to 300 pounds or more.

Study your Health Lecture for this week carefully...until you understand everything about your muscles...and what they do. It is extremely important that you know the muscle groups of the arm, back, abdomen, front thighs, inner thighs and legs. You will be able to specify those areas of your body which need to be built up. You'll be working out with weights that concentrate on these muscle groups...and you should know exactly what you are doing. Later on, you will be able to add exercises to build up and strengthen various body muscle groups that need specific extra work.

On some of this week's charts, you will receive an "Anatomical Analysis" of what the specific exercise routine does for you. Be sure that you are understanding the text matter and what the exercise is doing for you in building muscle-power.

Perhaps it is well to add a note of caution here. It is well and good to use enough poundage to give your body a real workout. But on the other hand don't strain yourself. After your body gets in shape, it should be virtually impossible to strain a muscle, but in the earlier stages of your training, use a little wisdom in what you do. Work your way up to the heavier weights. If the weights recommended seem unnatural, use a lighter weight. Keep up the good work and before long you'll be using even heavier weights than those suggested.

Since this week is a very critical week in your workout activity, it might be a good idea to go over the second week again if you are not using the suggested weights. It is better to lose a week in your workout routines at this time...than to go through a strenuous week using less weight. Build up your strength a little more so that you can tackle this third week...and do things the way they are suggested. You've got to make this decision now...it's entirely up to you.

Whatever your decision, I am sure it'll be an honest one...

Whatever your decision, I am sure it'll be an honest one... for you know yourself better than anyone.

Okay! You're on your own...so get going! Let's get down to some work!

Your friend and instructor,

Joe Bonomo



QUESTIONS & ANSWERS

QUESTIONS & ANSWERS 3rd WEEK

Here are a few more authoritative answers to typical questions asked by my students when I give them private guidance in developing their physiques. By reading through these questions and the answers given; you will find not only considerable advice about your muscle-building training program...but equally important...you'll find invaluable knowledge leading to a more thorough understanding of your body and the part it plays in giving you more energy and stamina for many tasks which may come up in your daily vocation.

• • • •

QUESTION: Does this barbell muscle building training program build muscles which will interfere with other sports?
ANSWER: No athletic competitive sport has room for weaklings. Runners, boxers, swimmers, tennis champs - even golfers - must have power behind every movement. This power comes from muscle condition. Weak muscles have to work harder to carry





by Joe Bonomo

INTERNATIONAL AUTHORITY ON HEALTH AND PHYSICAL DEVELOPMENT

the body, and as a result use so much energy, that fatigue develops easily. Strong muscles, attuned to the task of developing maximum power on demand, aid in achieving supremacy in any field of sporting endeavor. Barbell exercises will not make you a champion swimmer, but will give you a foundation of strength, energy and endurance needed by a champ. You must practice coordinated swimming and breathing strokes persistently to acquire skill in the water...but such muscle coordination will be easier if you have already developed your body to stand the strain of long training sessions in the pool. Similarly for virtually every other sport. QUESTION: Will barbell training make me muscle-bound? ANSWER: A study of a few examples of average people will illustrate how misleading this term can be. Doesn't the office worker who sits at a desk all day, rides home in the evening, and rarely walks... doesn't such a person often complain of aches in his muscles, of muscle-boundness? The bricklayer in another way, develop a form of "muscle-boundness". He does one function of physical work, using only one group of muscles while performing his labors. One side of his body becomes more muscular, at the expense of the other side, making him appear tight and bound muscularly on the working side of his body. To the uniniated, athletes who specialize in feats of strength may appear to be muscle-bound. But this is only an illusion. Many of them are outstanding champions in other sports activities, able to move with agility, speed and grace. Referring to barbell trained men as being muscle-bound, is definitely a false statement, invariably made by puny weaklings to rationalize away their own sense of physical inferiority. In military hospitals throughout the country, doctors have found that bed-ridden patients' muscles would atrophy and shrink...becoming inert and useless. These doctors, realizing the inherent benefits of natural exercise, gave bed patients exercise with weights. Medical statistical records positively prove that patients given systematic exercise benefited immensely, spent much less time recuperating in bed compared with those given no special exercise. The number of wounded G.I. Joes who were given a new start in life, new inspiration to overcome their physical handicaps is uncountable. Today proud wearers of Purple Hearts move around with ease on artificial limbs, propelled by other muscles of the body, which were built up for their new duties through such types of exercise.

QUESTIONS & ANSWERS 3rd WEEK

ALWAYS KEEP WORKING FOR HEALTH . . . AND, HEALTH WILL KEEP WORKING FOR YOU!



QUESTIONS & ANSWERS 3 WEEK

Memo from J.B.

No matter in what realm of activity you look - you'll find the men who do big things in life are invariably strong, dynamic and aggressive men with abundant energy, stamina and powers of endurance-- men with the self-confidence born of superb physical health and strength! Here's your motto for success... *"Muscle-power"!*

YOUR MUSCLES... what they do!

HEALTH
LECTURE
3rd WEEK

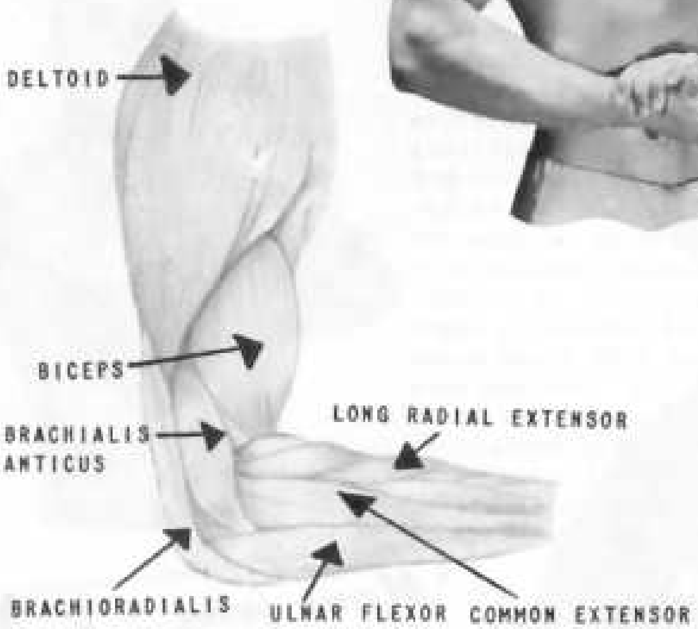


In both previous MUSCLE-STRENGTH lectures, you have been shown the differences between VOLUNTARY and INVOLUNTARY muscles; that is, the two basic types...one set which you can control by will, and the other set, over which you have little or no control.

Also demonstrated were the FLEXOR and EXTENSOR muscles; those which flex the bones of the body, and those which extend the bones, straightening the limbs.

In this lecture, we will discuss what the VOLUNTARY FLEXOR and EXTENSOR MUSCLES do, fully discussing the functions of each muscle group. Such discussion will enable you to obtain a better foundation knowledge of what muscles to especially develop, so as to more efficiently perform specific functions in different athletic activities.

There are so many VOLUNTARY or "skeletal" muscles...so called because they are attached to the bones...that it is almost impossible to show you here their location or name them all. However, you should pay especial note to the most useful and prominent muscles listed below. On these pages, is a long, but essential study of the functions of the principle VOLUNTARY muscles of your body. It is not necessary to memorize the names of these. Reading through this material will give you an insight into the scope of this course, and the muscle groups it is designed to develop to maximum strength and power. This muscle lecture lets you know first-hand why no muscle group dare be neglected. It tells clearly how muscles operate in groups, and that dynamic strength can only be developed by developing all groups in properly balanced and well-defined proportions.

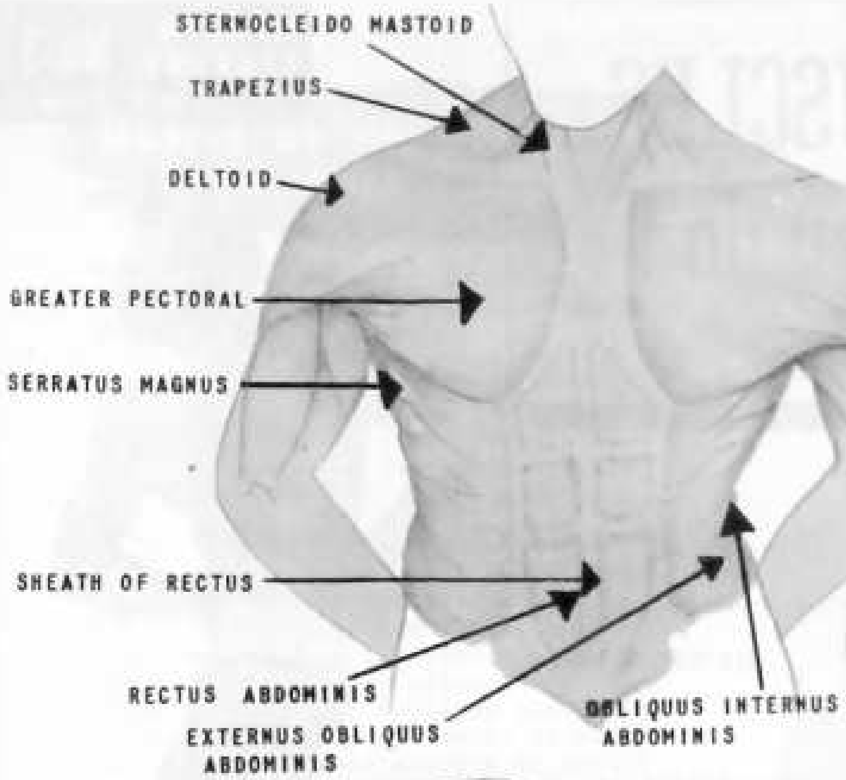


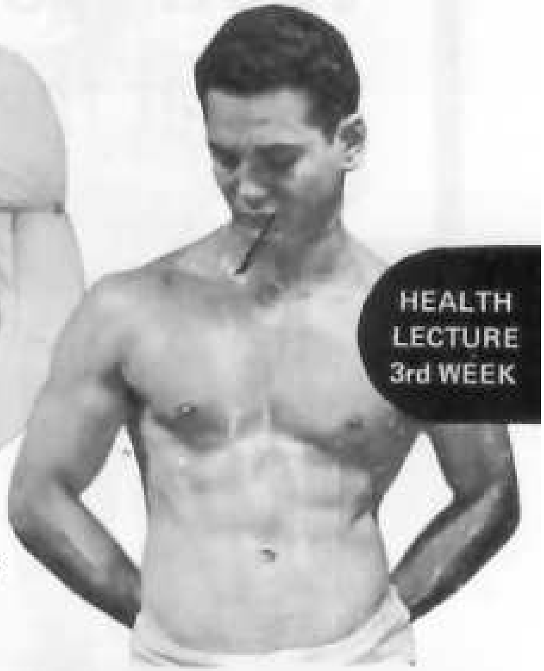
MUSCLES OF THE ARM

In the upper extremity the DELTOID muscle of the shoulder covers the joint and helps raise the arm. The arm is pulled forward by the breast muscles...the PECTORALIS MAJOR and MINOR...and as shown below, pulled backward by the LATISSIMUS DORSI and TRAPEZIUS.

The forearms are bent inward on the arms by the BICEPS acting as *flexors*, and straightened again by the TRICEPS, acting as *extensors*. The forearm is rotated, or turned, by the SUPINATOR LONGUS.

HEALTH LECTURE No. 3
Part One





HEALTH LECTURE 3rd WEEK

MUSCLES OF CHEST AND ABDOMEN

The chest is moved when breathing, by the INTERCOSTAL muscles, the DIAPHRAGM, and SERRATUS MAGNUS.

The front of the abdomen is built up by the *external* and *internal oblique* muscles and the RECTUS ABDOMINIS. The EXTERNUS OBLIQUUS ABDOMINIS draws the thorax downward and bends the spinal column. The INTERNUS OBLIQUUS ABDOMINIS and the RECTUS ABDOMINIS aids the external muscles bend and rotate the spinal column.



MUSCLES OF THE BACK

Starting with the broad muscles of the back are the TRAPEZIUS, the INFRA SPINATUS and the LATISSIMUS DORSI. The action of the TRAPEZIUS is to draw the shoulder-blade toward the spine and to rotate it. When the shoulder-blade is fixed, by tensing other muscles, the TRAPEZIUS draws the head backward and rotates it. The LATISSIMUS DORSI is important because demands are made on it to draw the arms medianward and backwards, as well as drawing the shoulder-blade downward. The action of the INFRA SPINATUS is to roll the upper arm outward, an important duty when one considers how often this movement comes into play in sports

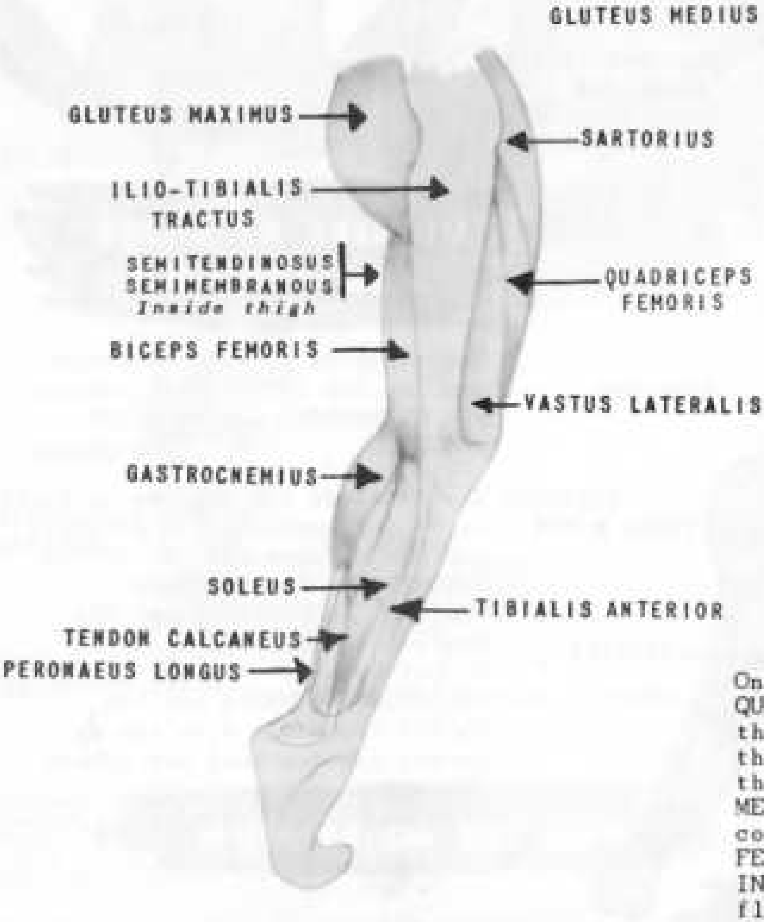
YOUR MUSCLES... what they do!

CONTINUED

HEALTH LECTURE No.3
Part Two

HEALTH
LECTURE
3rd WEEK





MUSCLES OF THE FRONT THIGH

On the *front* of the thigh are the QUADRICEPS and SARTORIUS, while the *back* of the thigh is formed by the BICEPS FEMORIS, together with the SEMITENDINOSUS and SEMI-MEMBRANOUS. The QUADRICEPS FEMORIS consists of four muscles--the RECTUS FEMORIS, VASTUS LATERALIS, VASTUS INTERMEDIUS and VASTUS MEDIALIS... flexing the thigh and extending the leg. The action of the SATORIUS is to flex the thigh at the hip-joint and the leg at the knee, at the same time rotating the leg inward and the flexed thigh outward. The SEMITEN-DINOSUS extends the thigh backwards, flexes the leg and rotates it at the same time inward. The SEMI-MEMBRANOSUS also extends the thigh backward and flexes the leg.

MUSCLE OF THE BUTTOCKS AND INNER THIGH

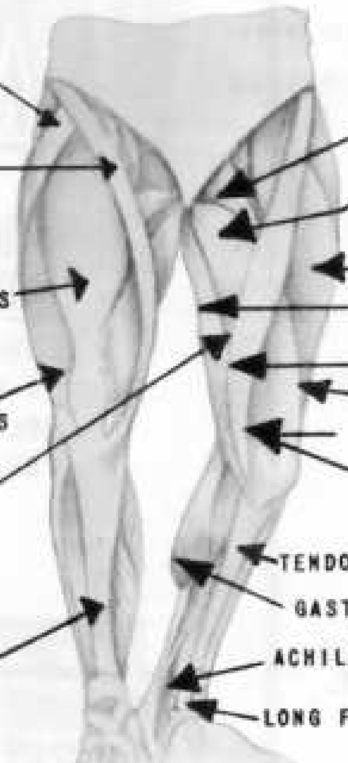
Three muscles called the MAXIMUS GLUTEUS, MEDIUS GLUTEUS, and MINIMUS GLUTEUS for the buttocks.

The action of the MAXIMUS (large) GLUTEUS is to extend the thigh backward and rotate it somewhat outward. The GLUTEUS MEDIUS together with the MINIMUS adducts the thigh.

In the *inner* thigh are the adductor muscles...the MAGNUS, the LONGUS, the BREVIS, and the GRACILIS. The ADDUCTOR BREVIS adducts and flexes the thigh and rotates it outward. The ADDUCTOR MAGNUS also adducts the thigh. The GRACILIS flexes the leg, *rotates it inward,* and works in conjunction with other muscles to adduct the thigh. The ADDUCTOR LONGUS, adducts and flexes the thigh and *rotates it outward.*



HEALTH LECTURE 3rd WEEK



MUSCLE-DIAGRAM ILLUSTRATIONS
by DR. JOHN GILMORE

MEDICAL ILLUSTRATOR FOR AUTHORITATIVE MEDICAL JOURNALS AND SCIENTIFIC RESEARCH ORGANIZATIONS.

MUSCLES OF THE LEG

In the leg, the principle forward muscle is the TIBIALIS. The calf of the leg is built up by the GASTROCNEMIUS and the SOLEUS. The TIBIALIS ANTERIOR curls the foot. The action of the GASTROCNEMIUS flexes the foot and supinates it, or twists the sole.



JOE BONOMO

PROFESSIONAL
MUSCLE-BUILDING
BARBELL SYSTEM



CHART

PHOTO-INSTRUCTOR
CHART No.14
3rd week

DEMONSTRATED BY
VAL H. PASQUA

A.

STARTING POSITION

EXHALE...START TO RAISE BELLS SLOWLY. INHALE DEEPLY.

B.

FINAL POSITION

SLOWLY LOWER BELLS... EXHALE READY TO REPEAT.

RECOMMENDED STARTING DUMB-BELL WEIGHT
7½ TO 10 LBS. EACH



TRAINING SCHEDULE

1st Day, Fifteen times ☐ 4th Day, Twelve times ☐
2nd Day, Fourteen times ☐ 5th Day, Ten times ☐
3rd Day, Thirteen times ☐ 6th Day, Ten times ☐

Rest on seventh day. Check✓ box each day when routine has been completed.

CHART NO. 14 3rd WEEK

DUMBBELL "WARM-UP" ROUTINE NO. 4

DETAILED TRAINING INSTRUCTIONS for "Two Dumbbell Curl"

STARTING POSITION

Stand with feet together, arms straight, with weights held, palms front, hanging close to front of thighs. Position A.

MUSCLE MOVEMENT

1. Slowly and steadily raise dumbbells, by bending elbows. Hold bells parallel to the front...Position B. Continue upward curl until bells almost touch body.
2. Slowly lower bells back to starting Position A. Pause and repeat.

BREATHING TEMPO

1. Exhale before starting upward lift. Breathe in deeply, expanding chest to maximum as bells reach highest point of curl.
2. Exhale on return to starting position. Lungs should be empty ready to start repeat.

TRAINING COMMENTS

Not only will this exercise act as a warm-up routine, aiding blood circulation and respiration rhythm... but it also helps limber up the BICEPS and TRICEPS.

CHART No. 14
3rd WEEK

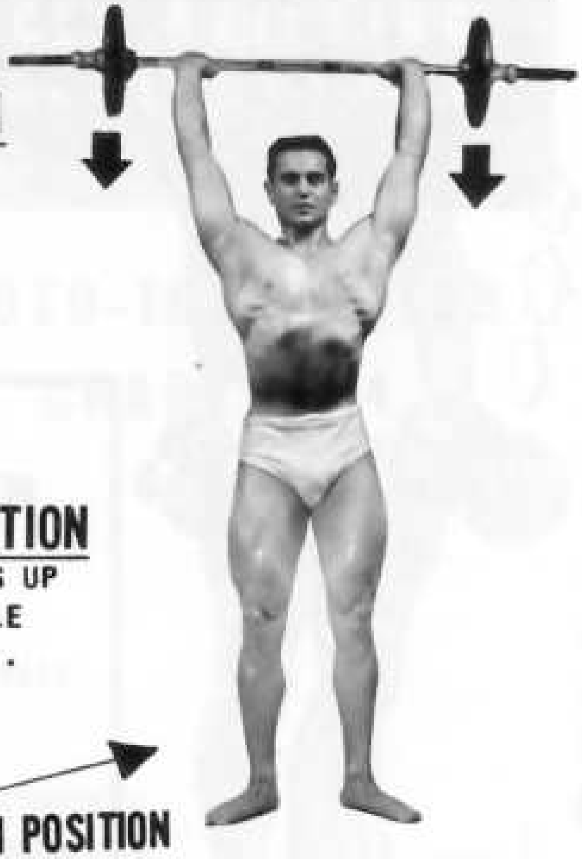
PROFESSIONAL
MUSCLE-BUILDING BARBELL SYSTEM

CHART NO. 15
3rd WEEK



A. STARTING POSITION

EXHALE... INHALE WHILE PRESSING UP.





B. PRESS POSITION

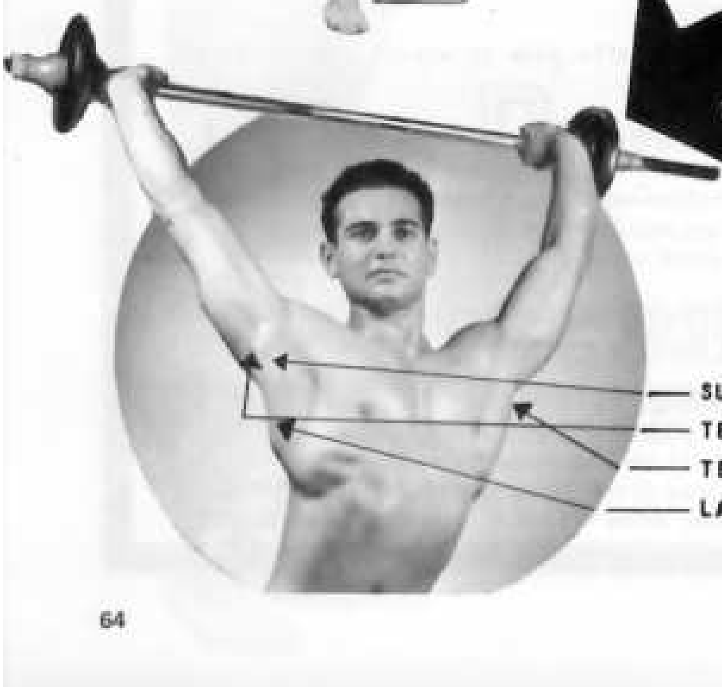
EXHALE... PRESS UP SLOWLY... INHALE AT SAME TIME... EXPAND CHEST.

C. HIGH POSITION

EXHALE WHILE LOWERING TO NECK POSITION D.

ANATOMICAL ANALYSIS

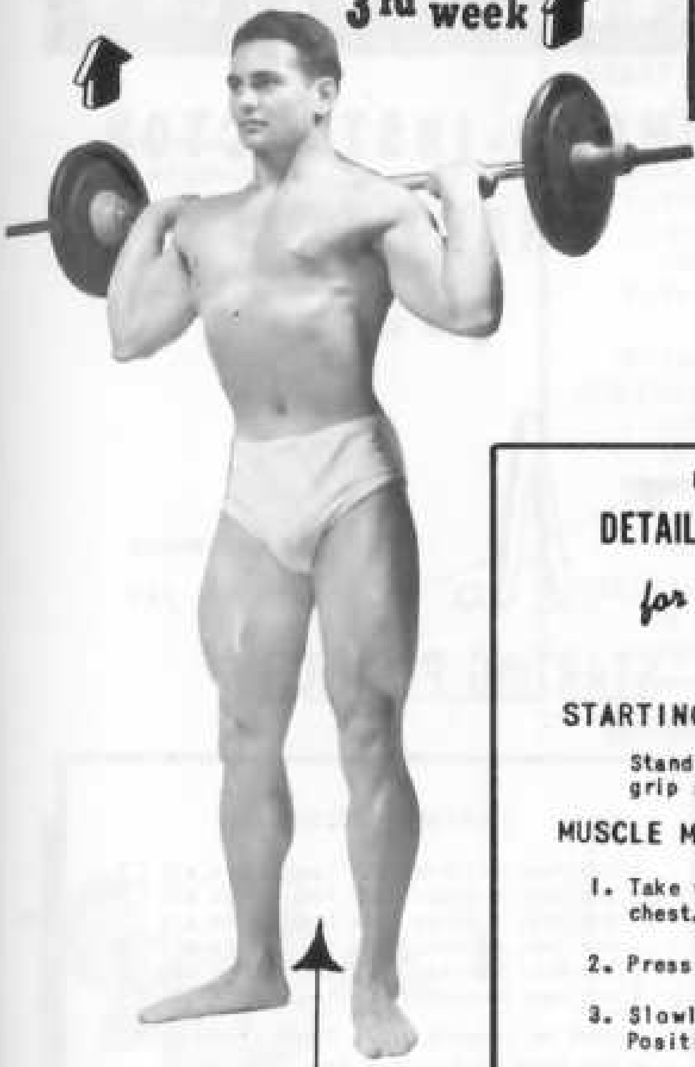
Underneath the arm pits there are a series of often neglected muscles...the SUBSCAPULARIS, and TERES MAJOR and MINOR. The first draws the arm medianward and rolls it inward. The TERES MAJOR also draws the arm medianward, but rolls it backward. The TERES MINOR rolls the upper arm outwards. These muscles are given a thorough workout by this routine.



RECOMMENDED BARBELL WEIGHT
35 LBS.

PHOTO-INSTRUCTOR CHART No.15

3rd week



TRAINING SCHEDULE

1st Day, Five times	☐	4th Day, Eight times	☐
2nd Day, Six times	☐	5th Day, Nine times	☐
3rd Day, Seven times	☐	6th Day, Ten times	☐

Rest on seventh day. Check ✓ box each day when routine has been completed.

DEMONSTRATED BY
VAL H. PASQUA

CHART NO. 15 3rd WEEK

BARBELL STRENGTH ROUTINE NO. 11

DETAILED TRAINING INSTRUCTIONS for "Two Hands Press..."

(from behind neck)

STARTING POSITION

Stand with feet at comfortable distance apart. Use grip somewhat more than shoulder width apart.

MUSCLE MOVEMENT

1. Take weight up until it is shoulder high. Expand chest. Mid-position B.
2. Press weight to arms' length overhead. Position C.
3. Slowly lower weight to shoulders BEHIND NECK. Position D
4. Press to arms length again. Position C.
5. Again lower weight to shoulders BEHIND NECK. Repeat. On last count return to Position B, then to A.

BREATHING TEMPO

1. Expand Chest at Position B...then EXHALE.
2. On "pressing" to C...INHALE deeply.
3. On lowering *slowly* to D...EXHALE *slowly*.
4. On "pressing" again to C...INHALE, expanding chest.
5. On lowering to D...EXHALE again ready to repeat.

TRAINING COMMENTS

Carefully study Position D. Note how wide the hands are held, in order to permit easier clearance over the back of the neck.

D.

NECK POSITION

EXHALE...INHALE ON PRESSING UP TO C AGAIN.

CHART No.15 3rd WEEK

PROFESSIONAL
MUSCLE-BUILDING BARBELL SYSTEM



CHART
NO. 16
3rd WEEK

PHOTO-INSTRUCTOR
CHART No. 16
3rd week

A.
STARTING POSITION



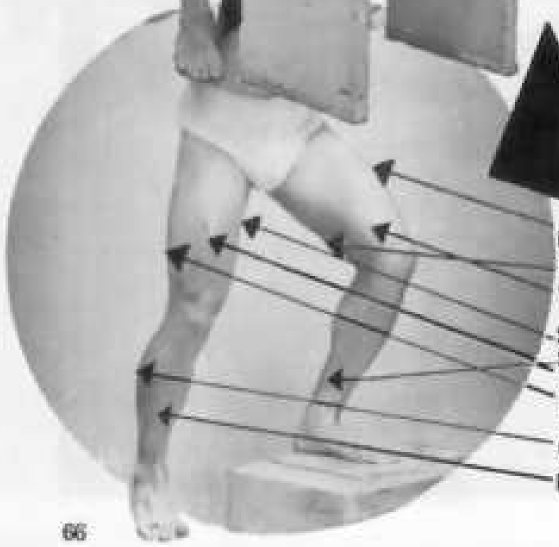
B.
LIFT POSITION
PLACE FOOT ON STOOL...EXHALE

TRAINING SCHEDULE

1st Day,	5 times each leg,	10 in all	☐
2nd Day,	6 times each leg,	12 in all	☐
3rd Day,	7 times each leg,	14 in all	☐
4th Day,	8 times each leg,	16 in all	☐
5th Day,	9 times each leg,	18 in all	☐
6th Day,	10 times each leg,	20 in all	☐

Rest on seventh day. Check ✓ box each day when routine has been completed.

ANATOMICAL ANALYSIS



So often does one see a professional athlete with a super-structure just bulging with muscles, and underneath a pair of skinny legs barely a legto support the weight above. The "ONE LEG SET-UP" is designed to assure you strong legs developing in correct proportion to the muscles of the upper body.

BARBELL STRENGTH ROUTINE NO. 12

DETAILED TRAINING INSTRUCTIONS

for "One Leg Step Up"

RECOMMENDED BARBELL WEIGHT

35 LBS.

STARTING POSITION

Stand in front of strong chair, stool, or bench. Balance the barbell across the shoulder.

MUSCLE MOVEMENT

1. Using left leg first, place left foot firmly on stool. Position B slowly lift yourself up...C... until you are standing erect on stool.
2. In reverse, slowly return to starting position.
3. Pause and repeat with right leg.

CHART NO. 16 3rd WEEK

BREATHING TEMPO

1. Exhale when you place left foot on stool. Inhale as you rise up on to stool.
2. Exhale slowly as you return to starting position. Inhale during pause, then exhale as you place right foot on stool.

DEMONSTRATED BY

VAL H. PASQUA

TRAINING COMMENTS

Do not jerk up on to the stool. Be sure barbell is well balanced on shoulder. If necessary, lean forward a little to maintain balance.



C.

RISE POSITION

START TO RISE ...INHALE



D.

FINAL POSITION

BRING FEET TOGETHER... EXPAND CHEST THEN EXHALE. READY TO RETURN TO START.

CHART No. 16
3rd WEEK

PROFESSIONAL
MUSCLE-BUILDING BARBELL SYSTEM

PHOTO-INSTRUCTOR CHART No. 17

3rd week

CHART NO. 17 3rd WEEK



B. SQUAT POSITION

EXHALE...THEN INHALE WHILE RISING... EXHALE AT TOP OF RISE.

ANATOMICAL ANALYSIS



As outlined in muscle-strength lecture No. 3, you will note the Vastus Externus and Rectus Femoris, extend the leg, while the Gracilis flexes and adducts the leg. These muscles, along with other muscle groups surrounding the thigh and leg are given a thorough and well-rounded workout with this routine.

CHART No. 17
3rd WEEK

RECOMMENDED BARBELL WEIGHT 35 LBS.

BARBELL STRENGTH ROUTINE NO. 13

DETAILED TRAINING INSTRUCTIONS for "Hacke" Exercise

DEMONSTRATED BY

VAL H. PASQUA

STARTING POSITION

Stand erect, heels together, toes pointed outward at 90 angle. Hold the barbell behind back, with hands as close together in center as possible. Position A.

MUSCLE MOVEMENT

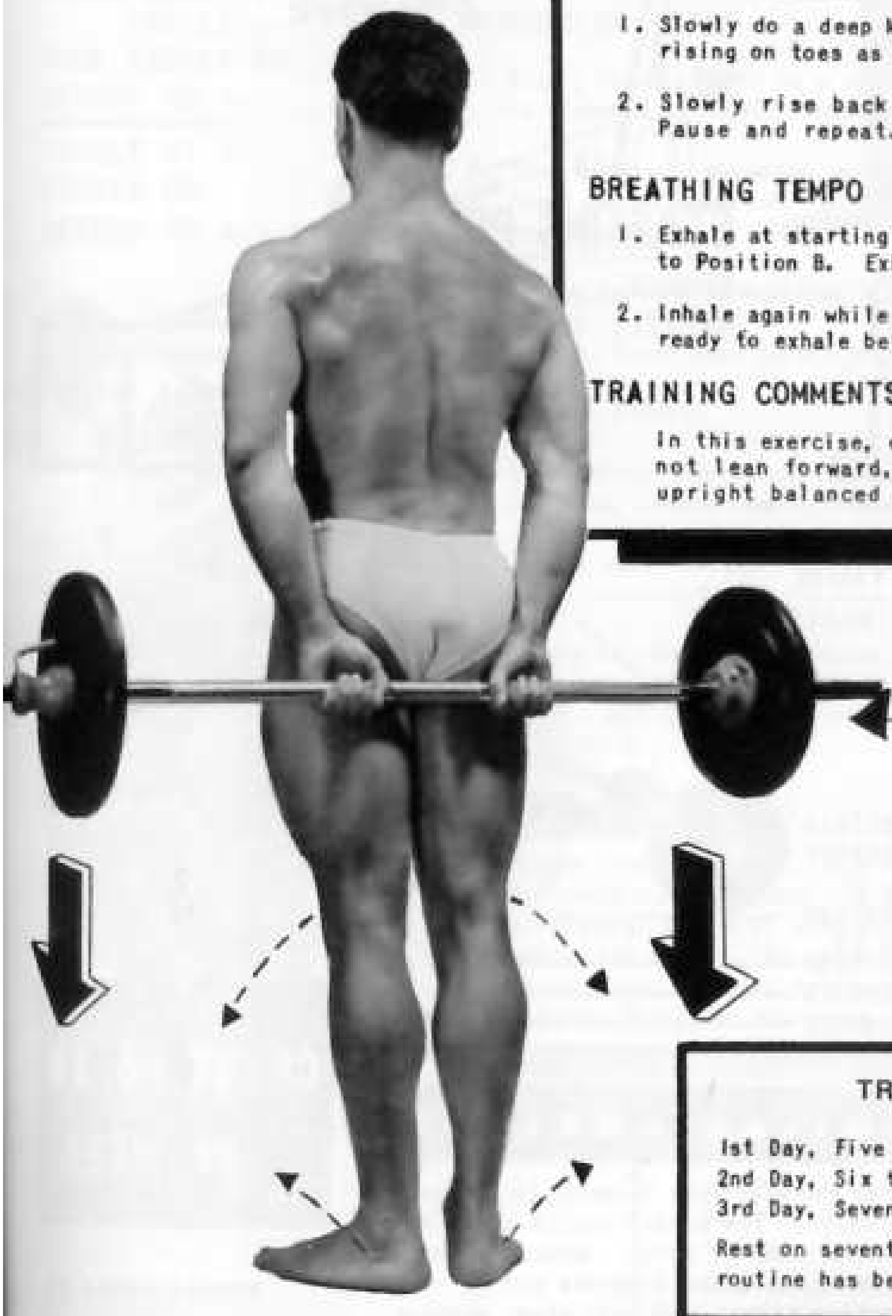
1. Slowly do a deep knee bend, parting the knees and rising on toes as the body is lowered. Position B
2. Slowly rise back to upright starting position. Pause and repeat.

BREATHING TEMPO

1. Exhale at starting position. Inhale as you go down to Position B. Exhale at squat.
2. Inhale again while rising, so that lungs are filled, ready to exhale before repeating movement.

TRAINING COMMENTS

In this exercise, correct posture is important. Do not lean forward, but try to maintain a steady, upright balanced position.



A.

STARTING POSITION

EXHALE...INHALE WHILE GOING INTO SQUAT POSITION EXPAND CHEST.

TRAINING SCHEDULE

1st Day, Five times	☐	4th Day, Eight times	☐
2nd Day, Six times	☐	5th Day, Nine times	☐
3rd Day, Seven times	☐	6th Day, Ten times	☐

Rest on seventh day. Check ✓ box each day when routine has been completed.

PROFESSIONAL
MUSCLE-BUILDING BARBELL SYSTEM



CHART NO. 18 3rd WEEK

PHOTO-INSTRUCTOR CHART No. 18
3rd week

A.

STARTING POSITION

EXHALE... INHALE AS BARBELL IS RAISED.

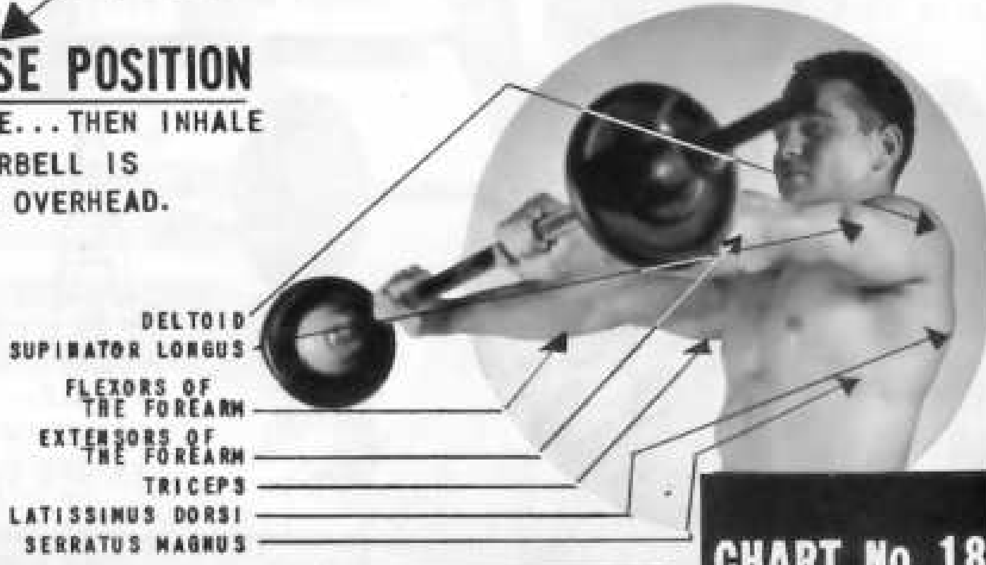


B.

PAUSE POSITION

EXHALE...THEN INHALE AS BARBELL IS SWUNG OVERHEAD.

RECOMMENDED BARBELL WEIGHT
35 LBS.



ANATOMICAL ANALYSIS

The CORACOBRACHIALIS lifts the upper arm forward, in conjunction with the BICEPS BRACHII. The SUPRASPINATUS lifts the upper arm lateralward in the shoulder joint. Study the relative position of these muscles in the diagrams and on your body. Note how this routine brings each into play, working and strengthening them!

CHART No. 18
3rd WEEK

DEMONSTRATED BY
VAL H. PASQUA

C.

TOP POSITION

PRESS BACK...
INHALE...
THEN EXHALE ON
RETURN TO B.

INHALE AT B...
EXHALE ON
RETURN TO A.



BARBELL STRENGTH ROUTINE NO. 14

DETAILED TRAINING INSTRUCTIONS for "Raise in Front at Arm's Length"

CHART
NO. 18
3rd WEEK

STARTING POSITION

Stand erect, feet at comfortable distance apart, arms down, barbell held firmly with knuckles out. Position A

MUSCLE MOVEMENT

1. Slowly raise barbell in a semi-circular movement until barbell is directly in front. Pause here. Position B
2. Then continue movement until barbell is overhead. As you reach top of movement, turn knuckles over backwards and down. Press back with straight arms as far as possible. Position C
3. Return barbell to Position B. Pause.
4. From B, lower arms SLOWLY to Starting Position A.

BREATHING TEMPO

1. At starting Position A, Exhale. As you raise weight to front position, inhale deeply. Exhale during pause here.
2. Inhale again as you raise barbell. Expand chest to maximum while pressing back.
3. Exhale on return to B. Pause and inhale.
4. Exhale again as arms slowly lower barbell back to starting position A.

TRAINING COMMENTS

Do not jerk or quickly raise the barbell. Make the action slow and deliberate, so that the muscles feel the tension and develop a high degree of endurance through being trained to stand behind the strain. On return to starting position, go as slow as possible...do not let the weight pull your arms down too quickly, fight the action of gravity all the way.

TRAINING SCHEDULE

1st Day, Five times	☐	4th Day, Eight times	☐
2nd Day, Six times	☐	5th Day, Nine times	☐
3rd Day, Seven times	☐	6th Day, Ten times	☐

Rest on seventh day. Check ✓ box each day when routine has been completed.

PHOTO INSTRUCTOR CHART No. 19
3rd week

PROFESSIONAL MUSCLE-BUILDING BARBELL SYSTEM

CHART NO. 19 3rd WEEK



ANATOMICAL ANALYSIS



Another routine which brings into play virtually every major muscle group of the body. If you analyze yourself while going through this routine, you will note that even the muscles of the feet and legs are tensed and relaxed alternately at different parts of the movement.

CHART No.19 3rd WEEK

BARBELL STRENGTH ROUTINE NO. 15

DETAILED TRAINING INSTRUCTIONS *for* "Pull Over at Arm's Length"

RECOMMENDED BARBELL WEIGHT 35 LBS.

CHART NO. 19 3rd WEEK

STARTING POSITION

Lie flat on back, with center of bar behind head. Grasp bar with hands shoulder-width apart. Position A

MUSCLE MOVEMENT

1. Push the barbell backwards to full arm's length. Position B
2. Raise the weight steadily, but slowly, in semi-circular movement until arms are vertical. Position C. Pause here.
3. Slowly lower bar forward, until it touches abdomen. Hold and pause.
4. Raise bar to top Position C. Pause.
5. Return to B, pause, then return to starting Position A.

BREATHING TEMPO

1. At start A, inhale. Exhale as bar is pushed backward to B.
2. As bar is raised to C, inhale. Pause here and exhale during pause.
3. Inhale again as bar is swung over abdomen. Pause and exhale.
4. Inhale as bar is raised back to C. Pause and exhale.
5. Inhale as bar is lowered backward to B. Pause and exhale, then inhale on return to A, ready to repeat movement.

TRAINING COMMENTS

Note that when you return to A, the breathing tempo has been so arranged that you can immediately go ahead with the second count. In most of these routines, the timing has been so arranged so that this is possible. Rest between each exercise, but NOT during an exercise. If weight is too heavy, train with lighter weight to suit your needs.

DEMONSTRATED BY VAL H. PASQUA

TRAINING SCHEDULE

1st Day, 9 times ☐ 4th Day, 8 times ☐
2nd Day, 10 times ☐ 5th Day, 5 times ☐
3rd Day, 7 times ☐ 6th Day, 6 times ☐
Check ✓ box each day when routine has been completed.
Rest on seventh day.

FORWARD POSITION D.

INHALE AS BAR IS LOWERED HOLD AND EXHALE.



TRAINING SESSION No 4

LIST OF CONTENTS

LIST OF CONTENTS 4th WEEK



CLASSICAL & ANATOMICAL POSES by DEMONSTRATOR

Joseph Colosimo

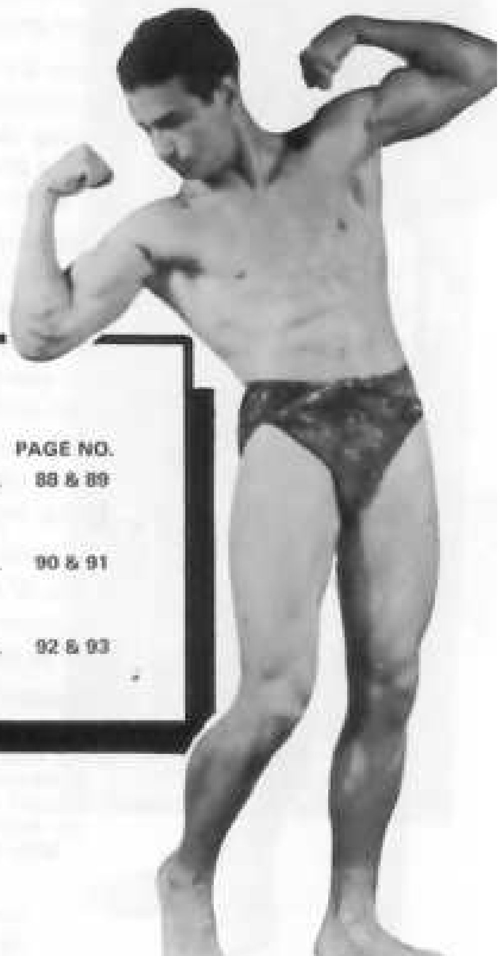
LIST OF CONTENTS 4th WEEK

JOE BONOMO *Professional* MUSCLE-BUILDING BARBELL SYSTEM

LIST OF CONTENTS 4th WEEK



[CONTENTS CONTINUED]



HEADQUARTERS OF
STRONGMEN'S CLUB OF AMERICA

A Message from the Director

Joe Bonomo

1841 BROADWAY NEW YORK, N. Y. 10023

LETTER NO. 4 4th WEEK

Dear student;

By now you've surely noticed that there is a definite scientific method in the manner this course has been planned. If you care to briefly scan over the previous training sessions including this one, you'll see that the entire body is gone over...like going round a clock. You go round once, and then come back to where you started for another tour of the muscles of the entire body.

Note too, the balance maintained in this course...side exercise, wrist and arm routines, chest and abdominal workouts, leg and thigh developments. Even the smaller muscle groups are not neglected, care being taken that every group is gone through in the muscle training tour.

There is a positive reason for the inclusion of every routine. Do not neglect even one of them, for without the one you might skip, you will not be obtaining the all-around program planned for you. A scientifically-balanced course is of primary importance, in the attainment of a perfect, symmetrical body.

Every top-notch athlete knows that to function at his highest pitch of efficiency, he must put himself on a rigid training schedule. They know too, that they must adhere to this schedule to obtain top-rate results. To obtain the promised benefits from this course...measured in muscle-strength and abounding energy...you too must maintain the training schedule given with each week's session. Keep to your training schedule, eat liberally of fresh vegetables, and simple meat diets. Be sure of a good night's sleep, every night regularly. Work hard and patiently...and a new body of rippling, steel-strength muscle is yours.

Set aside a definite hour for your training session. The best time for this type of exercise is before the evening meal, or just before going to bed. However, any other time is permissible. The only rule is: don't exercise for at least an hour and one-half after a meal.

In order to better understand your body, it is advisable to study, and occasionally refer to, the analysis diagrams given with each training routine. Learn the names of the various muscles of your body and know their function. It will help you to better under-



JOE BONOMO...MUSCLE MAN EXTRAORDINARY! COUNSELLOR AND INSTRUCTOR TO SCORES OF STRONG MEN AND ATHLETES.

INTERNATIONAL AUTHORITY ON HEALTH AND PHYSICAL DEVELOPMENT

Joe Bonomo...

• 1841 BROADWAY
• NEW YORK, N.Y. 10023

INTERNATIONAL AUTHORITY ON HEALTH AND PHYSICAL DEVELOPMENT

LETTER
NO. 4
4th WEEK

stand how your body works. Also, study the Respiratory System illustrations, that are presented to you this week in the Health Lecture. Read the text matter so that you fully understand all about inhaling and exhaling air into the lungs...for this is extremely important in body-building.

By now you fully realize that "What you put into this Barbell System...is exactly what you get out of it"...and by conscientious and serious daily workouts, you should see the difference! Work hard ...not to the point of exhaustion, for that would tear down almost as much muscle tissue as it built up...but hard enough so that you know you have done an honest job. Apply yourself mentally to the processes of body building. Don't overlook the importance of correct mental attitude. You must extract a certain amount of pleasure doing these exercises. Don't ever do them in a half-hearted manner...better not to do them at all.

You'll miss the fullest benefits obtained from the exercises, if they are done without the proper spirit. Work hard and faithfully and you'll take great pride in the new dynamic power you will achieve.

The exercise routines are going to become more strenuous...and as you start each one this week...you'll see for yourself. It is extremely important that you maintain correct posture and stance in doing each and every one of them. I cannot emphasize this importance enough.

Anyway, this week's work separates the men from the boys...and this is where terrific muscle power begins. You'll probably feel the awakening of many of your chest, shoulder and back muscles ...as they gradually become accustomed to the scientific routines of the week.

Whatever you do...don't fail yourself. Put in a good workout every day this week...for the importance of your whole body-building plan may hinge on what you do today...tomorrow...and throughout the week.

Okay now! Let's get to work!

Your friend and instructor,

Joe Bonomo



QUESTIONS
&
ANSWERS

QUESTIONS
& ANSWERS
4th WEEK

This week's questions and answers will be confined to a thorough discussion of your Respiratory System. Answered here are typical questions often asked by many students after they hear my health lectures on this subject. These students, on suddenly becoming aware of the vital importance of correct scientific breathing desire to know even more facts. I am here outlining and clarifying some of the most important information every conscientious student of muscle training should know. Read these, you will find this information of invaluable aid in your training, giving you a guide to the secrets of limitless energy.



QUESTION: How does the air I breathe in, differ from the air I breathe out?

ANSWER: Hold a mirror close to your mouth and breathe on it. Note the moisture deposited by your breath upon the glass. Now take a tire pump, or an old ball with a hole in it, or the bulb from an atomizer, and blow air upon the glass again. There will be no moisture. This is the basic secret of the physiology of respiration. The air you breathe out differs from the air you breathe in because it has, among other things, moisture or water in it. What is not seen, but what special laboratory apparatus reveals; it has more carbon dioxide and less oxygen than natural outside air.

QUESTION: What does the amount of oxygen or carbon dioxide in the air have to do with my body's health, strength and energy?

ANSWER: Your body is a machine for the production of energy. In an automobile or other internal combustion engines (the same as the human body) oxygen is essential if the machine is to run. In jet propulsion today, so much oxygen is used, that is compressed and condensed in small space by liquifying it. A jet-engine can only function when there is oxygen present.

Float a small lighted candle on a saucer of water. Turn a glass over it. The candle will burn dimmer and dimmer as the oxygen in the glass is used up. Finally it will go out. Note how the water rises in the glass to take the place of the oxygen burned up.

by
Joe Bonomo

**INTERNATIONAL AUTHORITY
ON HEALTH AND
PHYSICAL DEVELOPMENT**

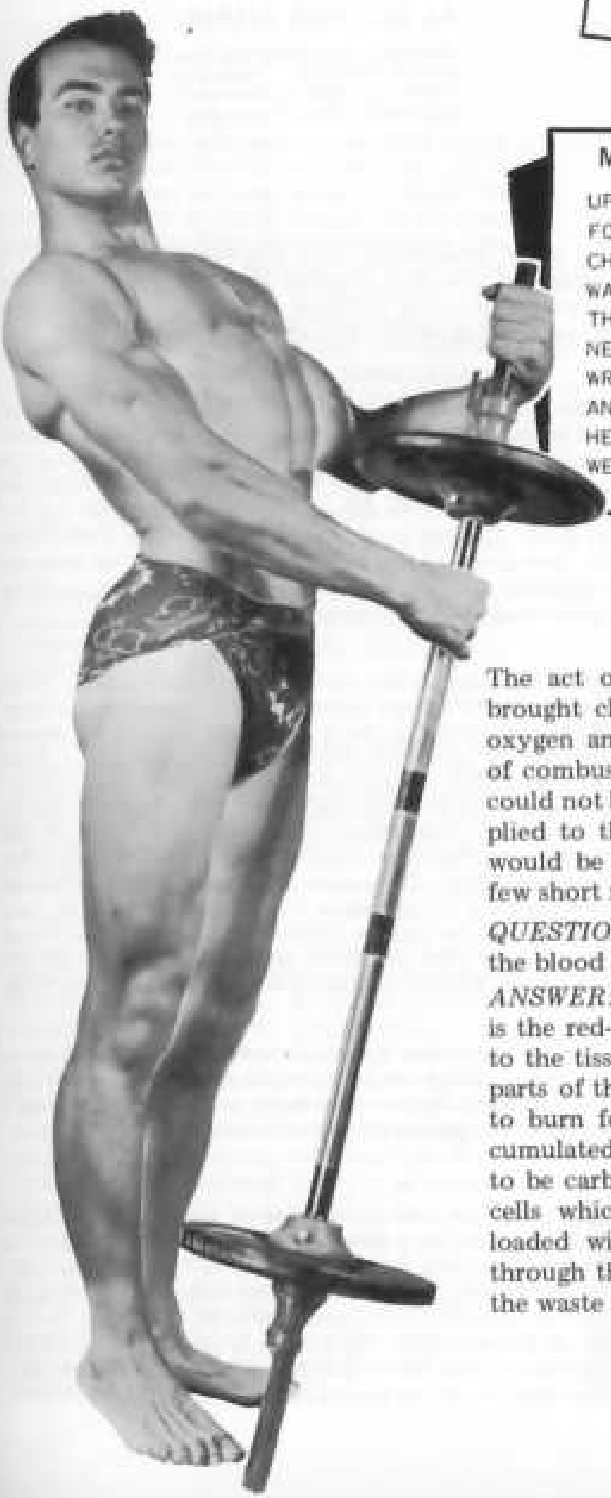
**QUESTIONS & ANSWERS
4th WEEK**

Meet Your Demonstrator

Joseph Colosimo

Memo from J.B.

These few questions and answers should help stress the need to follow the correct *Breathing Tempo* given with each muscle-building routine. Follow the *Tempo* instructions exactly as given, you will be rewarded with increased energy needed to obtain the maximum strength from each week's training session.



MEASUREMENTS	
UPPER ARM	16½"
FOREARM	14"
CHEST	46"
WAIST	31"
THIGH	16½"
NECK	16½"
WRIST	7¼"
ANKLES	9¼"
HEIGHT	5' 11"
WEIGHT	190 LBS.

QUESTIONS & ANSWERS 4th WEEK

The act of respiration consists of having the oxygen in the air brought close to the blood of the body. The blood absorbs the oxygen and gives off carbon dioxide and water...the by-products of combustion in the body tissues. Without this oxygen the body could not burn up energy-giving and muscle-creating chemicals supplied to the body in the food eaten. Without this oxygen there would be no energy to sustain life and you would die within a few short minutes.

QUESTION: Is the blood which absorbs the oxygen different from the blood carrying the waste products of body combustion?

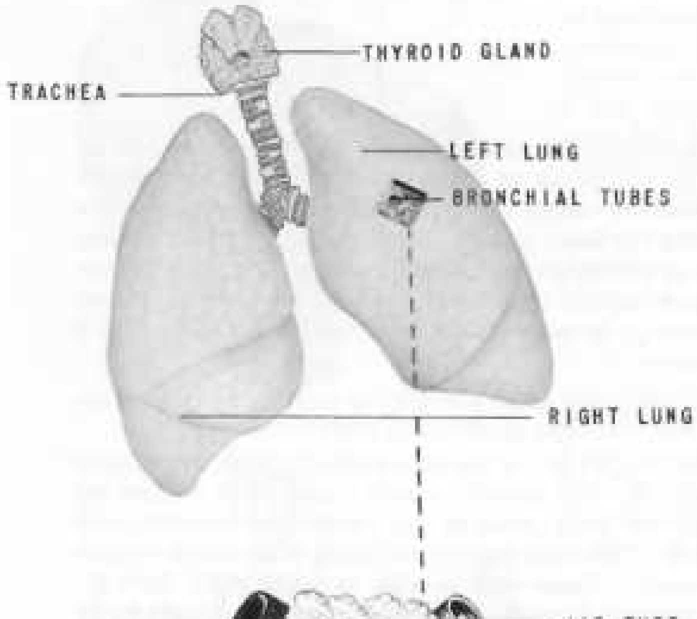
ANSWER: The actual part of the blood which carries the oxygen is the red-blood cell. The red-blood cells loaded with oxygen get to the tissues of the body...even to the smallest muscle-cells in all parts of the body. There the muscle cell doing work needs oxygen to burn for energy. These muscle-cells, in doing work, have accumulated by-products like ashes or smoke, which we already know to be carbon dioxide and water. These are absorbed by the blood cells which have given up their oxygen. Now the blood cells, loaded with their burdens of waste material, are pumped back through the veins by the heart, and then back to the lungs where the waste is dumped to be renewed when you exhale.

YOUR
how it create



HEALTH
LECTURE
4th WEEK

THE LOWER RESPIRATORY SYSTEM





ENLARGEMENT OF AIRSACK AND TUBES

MUSCLE-DIAGRAM ILLUSTRATIONS
by DR. JOHN GILMORE
MEDICAL ILLUSTRATOR FOR AUTHORITATIVE MEDICAL JOURNALS AND SCIENTIFIC RESEARCH ORGANIZATIONS.

To fully understand why a special "BREATHING TEMPO" schedule is given in both the muscle and strength building training routines, a brief review of your Respiratory System is given here.

When you inhale deeply drawing fresh air into the lungs, the air brings in with it life-giving and energy-creating oxygen. This oxygen is absorbed by the blood. Without this oxygen, life for man would be impossible. Try holding your breath, and you'll be surprised for how little time this can be done. Quickly you'll feel yourself choking, and no matter how great your will power, the necessity for fresh air, containing oxygen, will be so imperative, that you'll be forced to draw in a complete chest-full.

After the fresh air has passed through your nose, it meets the PHARYNX. There it is deflected downward, soon entering the LARYNX or voice box. The inspired air, passing through the LARYNX, now enters the TRACHEA. From the TRACHEA the air-flow subdivides into smaller tubes, the right and left BRONCHIAL TUBES. These in turn divide into yet smaller tubes known as BRONCHIOLES, and finally each little tube ends in a tiny air cell or sack called an ALVEOLUS. These sacks are in contact with extremely fine capillary blood vessels. Through the walls of these blood vessels the oxygen of the air is absorbed by the blood. At the same time the blood gives off carbon dioxide and other waste substances which have been carried to the lungs.

Thus in respiration, the lungs enable the blood to become purified so that when it returns to the heart, and *from the heart pumped to the entire body*, it is able to transport a supply of oxygen for the entire body.

Thus there are two movements of two vital substances. First, the *pure* air is *inhaled* into the lungs and *exhaled* as *impure* air carrying waste by-products of the body. Second—blood, carrying impurities from the body, enters the lungs, gives up these impurities, and returns as pure blood carrying energy-giving oxygen. This action is the important work of respiration, and unless this duty is efficiently performed, your body could not live for long.

RESPIRATORY SYSTEM

energy leading to success in life!

The clever natural muscular mechanism of the body brings the vital air into the lungs. Air is not sucked into the lungs when you inhale. By the contraction of the diaphragm and the chest muscles, the size of the thorax is increased. This quickly lowers the air pressure within the lungs, since the air already there has more room. Outside, the air-pressure of fifteen pounds to the square inch is much greater than the lower air-pressure inside the lungs. The outside air soon rushes in to fill the vacant space.

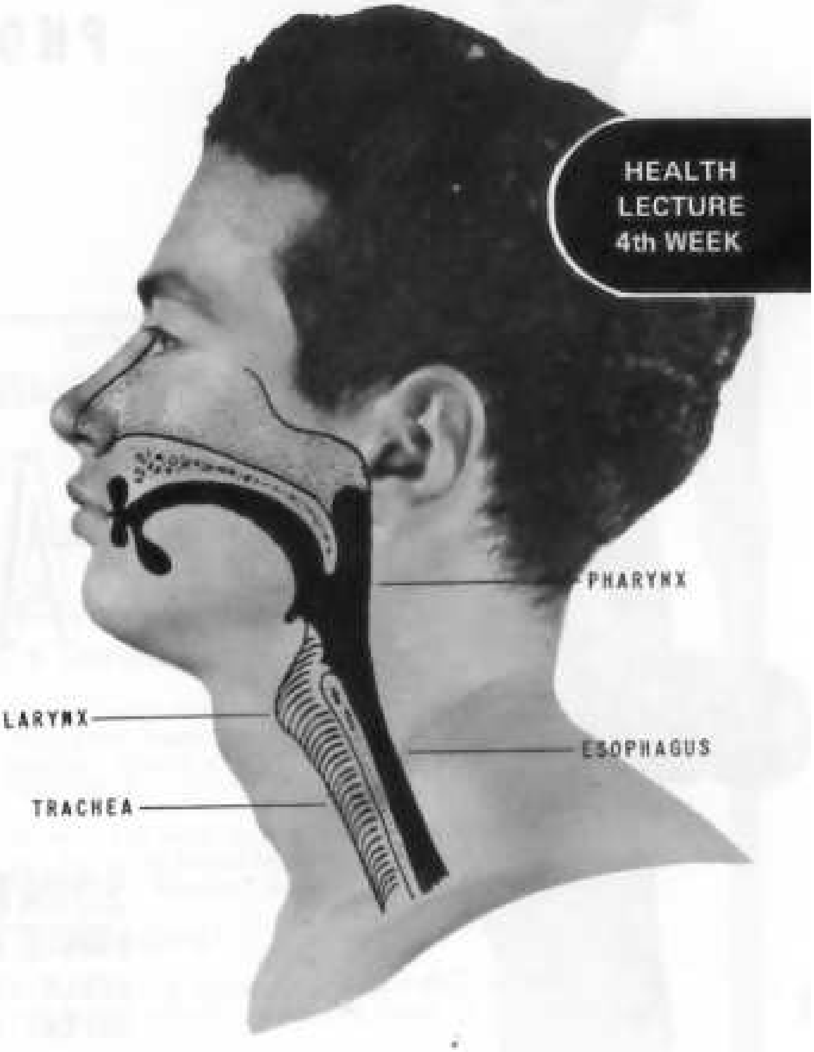
The reverse happens in expiration; muscles relax and contract, the pressure in the lungs is increased and the air flows out.

If your muscles are weak, your respiration is automatically weak also. As a result, you become deficient in oxygen supply which in turn makes you deficient in energy.

You know how listless and sleepy you can become in a hot stuffy room. This is because there is insufficient oxygen in the room. Many people go through life as if they were in a stuffy room. Their respiration is weak, and their body is in dire need of oxygen.

Although most of the time, respiration is an involuntary act, that is we breathe automatically, it may become voluntary. When you apply the principles of BREATHING TEMPO while doing your routines you make breathing a voluntary act. During this period of voluntary breathing, the respiratory muscles are strengthened, so that when you again go about normal activities, the stronger muscles automatically act more efficiently, drawing increased amounts of oxygen into the lungs.

It is easy to see why the claim is made here, that not only will this system increase your muscle strength, but it actually gives you more energy, drive and stamina to get things done leading to greater success in life.



HEALTH LECTURE No. 4
4th WEEK

JOE BONOMO
PROFESSIONAL
MUSCLE-BUILDING
BARBELL SYSTEM



PHOTO-INSTRUCTOR
CHART No.20
4th week

A.

STARTING POSITION
EXHALE... THEN INHALE
AS BELLS ARE RAISED,
BODY LOWERED.

SQUAT POSITION
EXHALE AS BODY IS RAISED,
BELLS LOWERED.
REPEAT WITHOUT PAUSE.

B.

CHART No.20
4 th WEEK

RECOMMENDED STARTING
DUMBBELL WEIGHT
10 TO 12½ LBS. EACH

TRAINING SCHEDULE

1st Day, Five times ☐ 4th Day, Eight times ☐
2nd Day, Six times ☐ 5th Day, Nine times ☐
3rd Day, Seven times ☐ 6th Day, Ten times ☐
Rest on seventh day. Check ✓ box each day when routine has been completed.

DEMONSTRATED BY

JOE COLASIMO

CHART
NO. 20
4th WEEK



DUMBBELL WARM-UP ROUTINE NO. 5

DETAILED TRAINING INSTRUCTIONS for "Deep Knee Bend on Toes"

STARTING POSITION

Stand at attention, feet together, toes pointed out. Take a dumbbell in each hand. Position A

MUSCLE MOVEMENT

1. Slowly raise dumbbells to shoulder height, at the same time lower body by bending knees and raising heels. Knees are spread apart as you go down. Position B
2. Slowly rise back to erect position, lowering heels and bringing knees together. At same time, lower dumbbells slowly. Position A

BREATHING TEMPO

1. As you raise dumbbells and lower body weight, breathe in deeply, expanding chest to maximum.
2. Exhale on return to start, ready to repeat.

TRAINING COMMENTS

This is a difficult exercise, and is wonderful training in developing coordinated movements. The timing of the dumbbell should be so perfect that they are at shoulder height when body has reached the lowest point you can reach. The timing of the breathing, similarly, should be so coordinated that the lungs are full when you reach bottom of knee bend.

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MUSCLE-BUILDING BARBELL SYSTEM



PHOTO-INSTRUCTOR CHART No.21

4th week

CHART NO. 21 4th WEEK

A.

STARTING POSITION

EXHALE... INHALE
WHILE PRESSING UP.

DEMONSTRATED BY
JOE COLASIMO



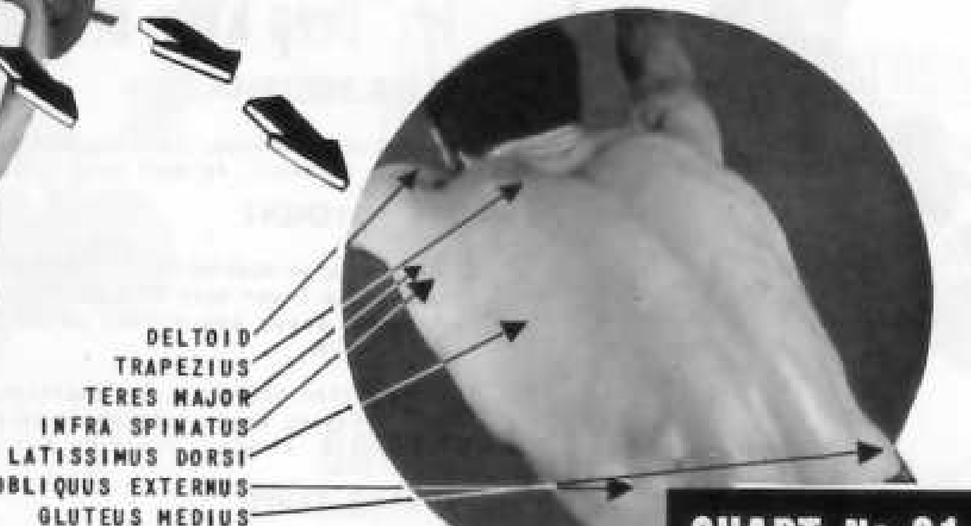


CHART No.21 4th WEEK

ANATOMICAL ANALYSIS

B.

PRESS POSITION

EXHALE... INHALE
WHILE BENDING FORWARD

So many men in developing muscular strength make the fatal mistake of concentrating on the biceps of the arms, and neglect the broad muscles of the back ...the TRAPEZIUS, LATISSIMUS DORSI, the TERES MAJOR, and RHOMBOIDEUS MAJOR AND MINOR. Concentrate on this forward bending routine, and you need have no fear that when the call comes for the muscles of your back to deliver power they will not fail you.



BEND POSITION

EXHALE...INHALE WHILE RISING TO B. EXHALE ON RETURNING TO POSITION A.

TRAINING SCHEDULE

1st Day, ten times ☐ 4th Day, six times ☐
2nd Day, eight times ☐ 5th Day, nine times ☐
3rd Day, seven times ☐ 6th Day, five times ☐
Rest on seventh day. Check ✓ box each day when routine has been completed.

BARBELL STRENGTH ROUTINE NO. 16

DETAILED TRAINING INSTRUCTIONS for "Forward Bend"

(BACK AND ARMS STRAIGHT)

CHART NO. 21 4th WEEK

STARTING POSITION

Stand erect. Hold Barbell in front, muscles out. Position A

MUSCLE MOVEMENT

1. Press barbell overhead, knuckles down, fingers up. Position B
2. Bend forward slowly, using the hips as the axis of bending. Keep the back and arms in as straight a line as possible. Position C
3. Slowly return to starting Position B.
4. Lower barbells to Position A, ready to repeat.

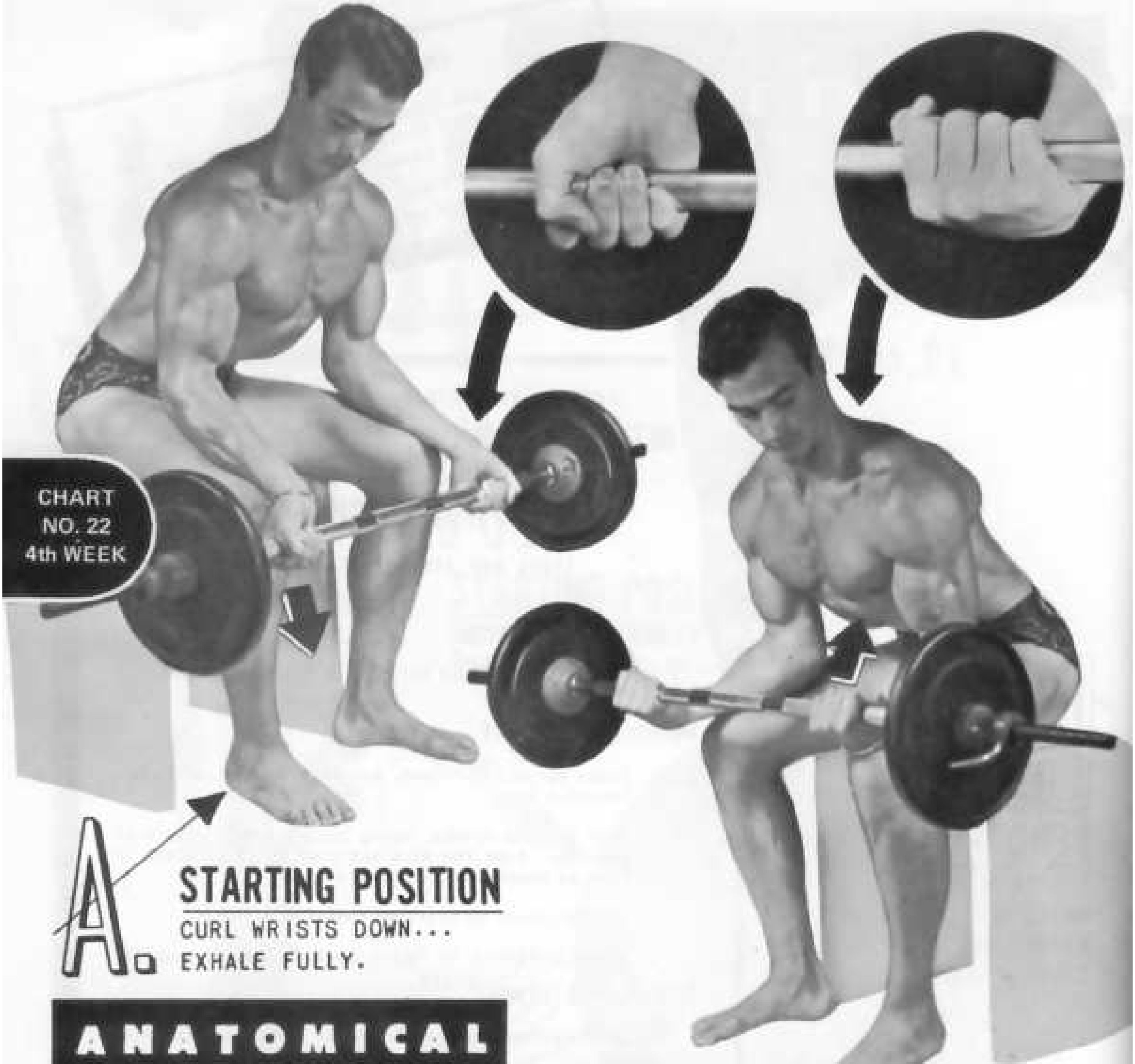
BREATHING TEMPO

1. Exhale before starting press up. Inhale as you press up.
2. Exhale before starting forward bend. Inhale on bend forward to Position C.
3. Exhale before starting return. Inhale on return to Position B.
4. Exhale on return to Position A, ready to repeat.

TRAINING COMMENTS

This is an extremely difficult routine. If weight recommended for this week's session is too much, go back to a more suitable lighter weight. Note, it is extremely important that correct posture be maintained throughout this routine. Keep the back straight as straight as possible.

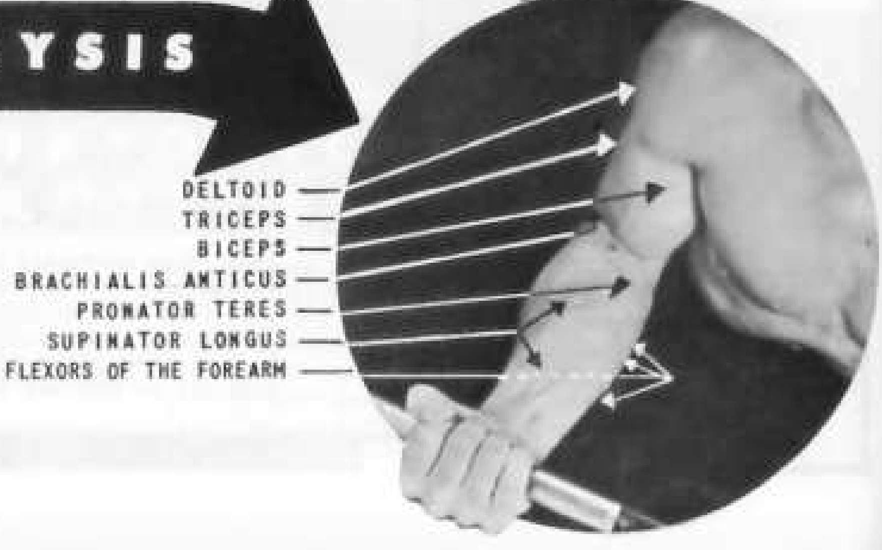
RECOMMENDED BARBELL WEIGHT
42½ LBS.



A. STARTING POSITION

CURL WRISTS DOWN...
EXHALE FULLY.

ANATOMICAL ANALYSIS



In most pressing movements there is a tendency to partially lock the wrists, depending on which major muscle groups of the arm do the lifting. Here, however, numerous minor muscles are brought into play, being developed to a higher degree than normal with more general movements.

The muscles developed here are: 1. BRACHIORADIALIS whose action is to flex the forearm and bring the hand into a position midway between pronation and supination. 2. PALMARIS LONGUS which flexes the hand. 3. FLEXOR CARPI RADIALIS also flexes the hand. 4. FLEXOR CARPI ULNARIS flexes and adducts the hand. The series of additional muscles which control the fingers are brought into action.

PROFESSIONAL

MUSCLE-BUILDING BARBELL SYSTEM

PHOTO-INSTRUCTOR

CHART No.22

4 th week

TRAINING SCHEDULE

1st Day, ten times ☐ 4th Day, sixteen times ☐
2nd Day, twelve times ☐ 5th Day, eighteen times ☐
3rd Day, fourteen times ☐ 6th Day, twenty times ☐
Rest on seventh day. Check ✓ box each day when routine has been completed.

CHART NO. 22 4th WEEK

DEMONSTRATED BY
JOE COLASIMO

B. CURL POSITION

CURL WRISTS UP AND OVER... INHALE DEEPLY.

RECOMMENDED BARBELL WEIGHT
42½ LBS.

CHART No.22
4 th WEEK

BARBELL STRENGTH ROUTINE NO. 17

DETAILED TRAINING INSTRUCTIONS *for* "Wrist Curling"

STARTING POSITION

Sit on a chair or strong bench. Rest elbows on thighs, just above the knee. Hold barbell firmly in hands, with palms turned up. Turn wrists as far down as possible. Position A

MUSCLE MOVEMENT

1. Extremely slow, curl wrists up and over. Position B
2. Again, very slowly, turn wrist down as far as possible, back to starting Position A.

BREATHING TEMPO

1. As wrists are curled up, breathe in slowly, fully, expanding chest as far as possible.
2. Exhale when wrists are uncurled back to start A.

TRAINING COMMENTS

Do not lift barbell by curling up forearms. Concentrate on the lifting action of the wrist to ensure developing grip to maximum power.

STARTING POSITION

EXHALE... INHALE WHILE RISING... PAUSE AND EXHALE AGAIN

A.



CHART NO. 23 4th WEEK



B.

SITTING POSITION

INHALE WHILE RETURNING TO START... EXHALE READY TO REPEAT

ANATOMICAL ANALYSIS



Medical authorities in a layman's terminology, refer to a rupture or hernia as "the protrusion of the abdominal contents between the muscles of the abdominal walls." Strong, well developed abdominal muscles securely pressing against each other, permits little chance for a loop of your intestines to push through. Muscle-strength is muscle insurance for good health.

PROFESSIONAL
MUSCLE-BUILDING BARBELL SYSTEM

PHOTO INSTRUCTOR CHART No. 23

4th week

TRAINING SCHEDULE

1st Day, Five times ☐ 4th Day, Eight times ☐
2nd Day, Ten times ☐ 5th Day, Seven times ☐
3rd Day, Nine times ☐ 6th Day, Six times ☐
Rest on seventh day. Check ✓ box each day when routine has been completed.

RECOMMENDED BARBELL WEIGHT
42½ LBS.

DEMONSTRATED BY
JOE COLASIMO

CHART NO. 23 4th WEEK

BARBELL STRENGTH ROUTINE NO. 18

DETAILED TRAINING INSTRUCTIONS for "Abdominal Raise"

STARTING POSITION

Lie flat on back, with neck resting on bar. Feet are hooked under a heavy piece of furniture, or under a strong strap securely fastened to the floor, or under the bar of a second barbell heavily weighted. Grasp the bar on each side of the neck. Position A.

MUSCLE MOVEMENT

1. Slowly sit up, bringing the weight with you, holding the bar against the back of the neck. Pause at Position B.
2. Slowly return to starting Position A.

BREATHING TEMPO

1. Exhale at Position A. Inhale as you rise to B. Pause at B and exhale.
2. Inhale while returning to Start-A. Pause at A. Exhale ready to repeat.

TRAINING COMMENTS

Do not round back when sitting up. Keep back straight so as to insure correct development of posture. Many men show a tendency to buckle knees up when doing this routine. If that is your case, weight is still too heavy for you. Only perform this routine with weight comfortable to handle.

CHART No. 23
4 th WEEK



A.

STARTING POSITION

EXHALE... INHALE
WHILE RAISING BARBELL.

DEMONSTRATED BY
JOE COLASIMO



B.

HIGH POSITION

PAUSE AND EXHALE
INHALE WHILE LOWERING
TO START A. PAUSE
AND EXHALE READY
TO REPEAT.

CHART
NO. 24
4th WEEK

RECOMMENDED
BARBELL WEIGHT
42½ LBS.

ANATOMICAL ANALYSIS

Here is another exercise which reveals how thoroughly this course has been planned. No muscle group is neglected...each routine being placed in its correct order so that underlying muscles are fully developed to their maximum strength and contractility.



PROFESSIONAL
MUSCLE-BUILDING BARBELL SYSTEM

PHOTO INSTRUCTOR CHART No. 24

4 th week

TRAINING SCHEDULE

1st Day, Knuckles up, Seven times ☐
2nd Day, Knuckles down, Six times ☐
3rd Day, Knuckles up, Nine times ☐
4th Day, Knuckles down, Eight times ☐
5th Day, Knuckles up, Five times ☐
6th Day, Knuckles down, Ten times ☐

Rest on seventh day. Check ✓ box each day when routine has been completed.

CHART NO. 24 4th WEEK

Knuckles Up



Knuckles Down



CHART No. 24
4 th WEEK

BARBELL STRENGTH ROUTINE NO. 19

DETAILED TRAINING INSTRUCTIONS for "Raise In Front"

STARTING POSITION

Lie flat on back, with barbell resting across thighs. Grasp bar with hands wider than shoulder width apart ...knuckles up or down as specified in Training Comments and Schedule...Position A.

MUSCLE MOVEMENT

1. Raise the weight in a semi-circular movement, until arms are straight up. Position B
2. Slowly to Starting Position A.

BREATHING TEMPO

1. Exhale at start. Inhale slowly as weight is lifted. Pause and exhale at top of lift.
2. Inhale as weight is lowered. Pause and exhale ready to repeat.

TRAINING COMMENTS

On the first day, this routine is done with the knuckles turned upward, bar held by fingers. On the second day the knuckles are down, the bar resting on palm of hand. On the third day the knuckles are held up again...and so on, alternately for each day. This alternation of grip brings different muscles to work on alternate days, and helps develop more evenly all parts of the muscles which do important duty.



PROFESSIONAL
MUSCLE-BUILDING BARBELL SYSTEM

CHART
NO. 25
4th WEEK

A.
STARTING POSITION
EXHALE

RECOMMENDED
BARBELL WEIGHT
42½ LBS.

RIGHT SIDE BEND POSITION
INHALE DEEPLY
WHILE BENDING...
PRESS HARD...
EXHALE ON RETURN
TO START A.
READY TO REPEAT.

B.



DEMONSTRATED BY
JOE COLASIMO



SERRATUS MAGNUS
OBLIQUUS EXTERNUS
RECTUS ABDOMINUS

ANATOMICAL ANALYSIS

This is the first routine in this course in which different sides of the body are called upon to do opposite movements. Up till now, all your routines have had symmetrical movements. Here is the start of an asymmetrical movement designed to develop the flexor muscles on one side of the body, while developing extensors on the other side.

PHOTO INSTRUCTOR CHART No.25

4th week

TRAINING SCHEDULE

1st Day, 28 times☐ 4th Day, 26 times☐
2nd Day, 30 times☐ 5th Day, 20 times☐
3rd Day, 24 times☐ 6th Day, 22 times☐

Rest on seventh day. Check ✓ box each day when routine has been completed.



LEFT SIDE BEND POSITION

INHALE WHILE BENDING... EXHALE ON RETURN TO START A.

CHART No.25 4th WEEK

BARBELL STRENGTH ROUTINE NO. 20

DETAILED TRAINING INSTRUCTIONS for "Side Bend"

CHART NO. 25 4th WEEK

STARTING POSITION

Stand erect with barbell supported across your shoulders. Hold barbell firmly with hands more than shoulder-width apart. Position A

MUSCLE MOVEMENT

1. Bend sidewards to right, pulling elbow in to side and slightly in front of body, as far as possible. Position B
2. Return to Starting Position A.
3. Bend sidewards as far to the left as possible. Position C

BREATHING TEMPO

1. Exhale at Starting Position A.
2. Inhale deeply on bending to right...Position B.
3. Exhale on return to Start A.
4. Inhale on bending to left...Positidn C.
5. Exhale again on return to Start A.

TRAINING COMMENTS

Be careful barbell does not slip sideways while bending. Do the movement slowly, and press hard to the side. Rise slowly, pause and then swing over to opposite side. Pull down on barbell with lower hand, internally resist the bending movement by pulling with upper hand.

TRAINING SESSION No 5

LIST OF CONTENTS
5th WEEK





CLASSICAL & ANATOMICAL POSES
by DEMONSTRATOR

Fred Massaro

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5th WEEK

JOE BONOMO

Professional

MUSCLE-BUILDING BARBELL SYSTEM



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5th WEEK

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HEADQUARTERS OF
STRONGMEN'S CLUB
OF AMERICA

A Message from the Director

Joe Bonomo

1841 BROADWAY NEW YORK, N. Y. 10023

LETTER
NO. 5
5th WEEK

Dear Student;

If I were to say that I know positively that YOU have the STAMINA and WILL POWER to succeed in developing the muscular, powerful agile body you so earnestly desire...you may assume that I am being presumptuous and wonder how I can arrive at such a conclusion.

My conclusion is based on experience with hundreds of students; but it is made with only one reservation. If you are just reading through this book, reading the letters and muscle-health charts, doing no work, you might develop a well-informed mind but not necessarily a well-developed body. On the other hand, if you have actually worked through the four preceeding training sessions during the past four weeks, then based on my experience, I can positively say that you are well on your road to success.

Why can I be so sure? It's really simple. You've already proved that once you make up your mind to start something, you see it through. Acquiring the habit of working was harder than the actual workouts themselves. Just getting started each evening takes will power; because it's easier to be lazy, to procrastinate, to put off for another day.

So many people spend their whole lives putting things off, waiting for another day. For such people that other day never comes. Such people never taste the joy of success, the sense of achievement that comes with a job well done.

By now you will have entered your physical development progress in the graph-charts appearing on Pages 224 & 225. Up until now, progress was slow, barely noticeable...but watch these graphs turn up, more sharply each week, because every indication shows that your muscle growth, if you work hard, will grow at an even faster rate now.

Study the great men of life, the successful in every field of endeavor. How do they compare with others...those ordinary people who never amount to anything. Many of these ordinary people fail...not because they lack the qualities to become stars, not because of inability to become enthusiastic, not because they never try...but because of only one thing...they never finish what they start.



JOE BONOMO...HORSEMAN SUPERB, TRACK CHAMP, WRESTLER, PROFESSIONAL STRONGMAN...ALL-AROUND ATHLETE WHO KNOWS THAT PRACTICE MAKES PERFECT.

INTERNATIONAL AUTHORITY ON HEALTH AND PHYSICAL DEVELOPMENT

Joe Bonomo...
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INTERNATIONAL AUTHORITY ON HEALTH AND PHYSICAL DEVELOPMENT

LETTER NO. 5
5th WEEK

Muscle development is not the final accomplishment this course offers as a reward...it is only a minor prize when compared with the great events that are in store for you in your lifetime. The greatest...and real reward is the habit you will acquire of finishing everything, and anything, that you start. So learn to start to develop the most important worthy habit you'll have in life...using this physique development system as the start to great things in life...success...higher earnings...greater comfort...more important challenges...whatever you want in life. Finish this course NOW! Do it for this one principle only! To prove to yourself that you can finish it.

This Fifth Week is a very important week...because you are at the halfway mark. If you've ironed out all the kinks from the inactivity of sleeping muscles brought to life. If you've seriously applied yourself to developing your physique, the soreness of your muscles throughout the past four weeks proves to yourself that you are beginning to strengthen muscles that have laid dormant because of misuse or no use at all. The scientific plan of my system of warm-ups and strength routine is working.

Now that you are on your Fifth Week, you're going to have some fun...in doing exciting strength routines. These muscle-building routines are not run-of-the-mill exercises that you see fellows doing in gyms...but systematic routines that were developed by me to bring out the very best in you...and I'm sure that this is what you want!

You'll find Chart No. 27 easy to look at and understand...although a little difficult to do. If the weights are too heavy, start out the week with less and keep adding as you get more proficient. On the other hand, add more if you think you can handle it: You'll discover Chart No. 28 working on the intricate muscles of the forearm. Do the routines exactly as pictured; Chart No. 29 is your "Get Up & Go" routine. Try to keep your back straight and do this muscle-building routine as it is shown in the pictures: Chart No. 30 is also great. Try to keep good form in the "Lean" and "Recline" and "Rest" positions. The first few times that you do this, you'll feel and look clumsy doing it. After that, try to polish it up so that you look just like the men in the illustrations. If possible, do these great muscle-building routines in front of a mirror so you can correct your faults.

Okay? Let's get going! Let's try to commemorate the halfway mark by good workouts throughout this week.

Your friend and instructor,

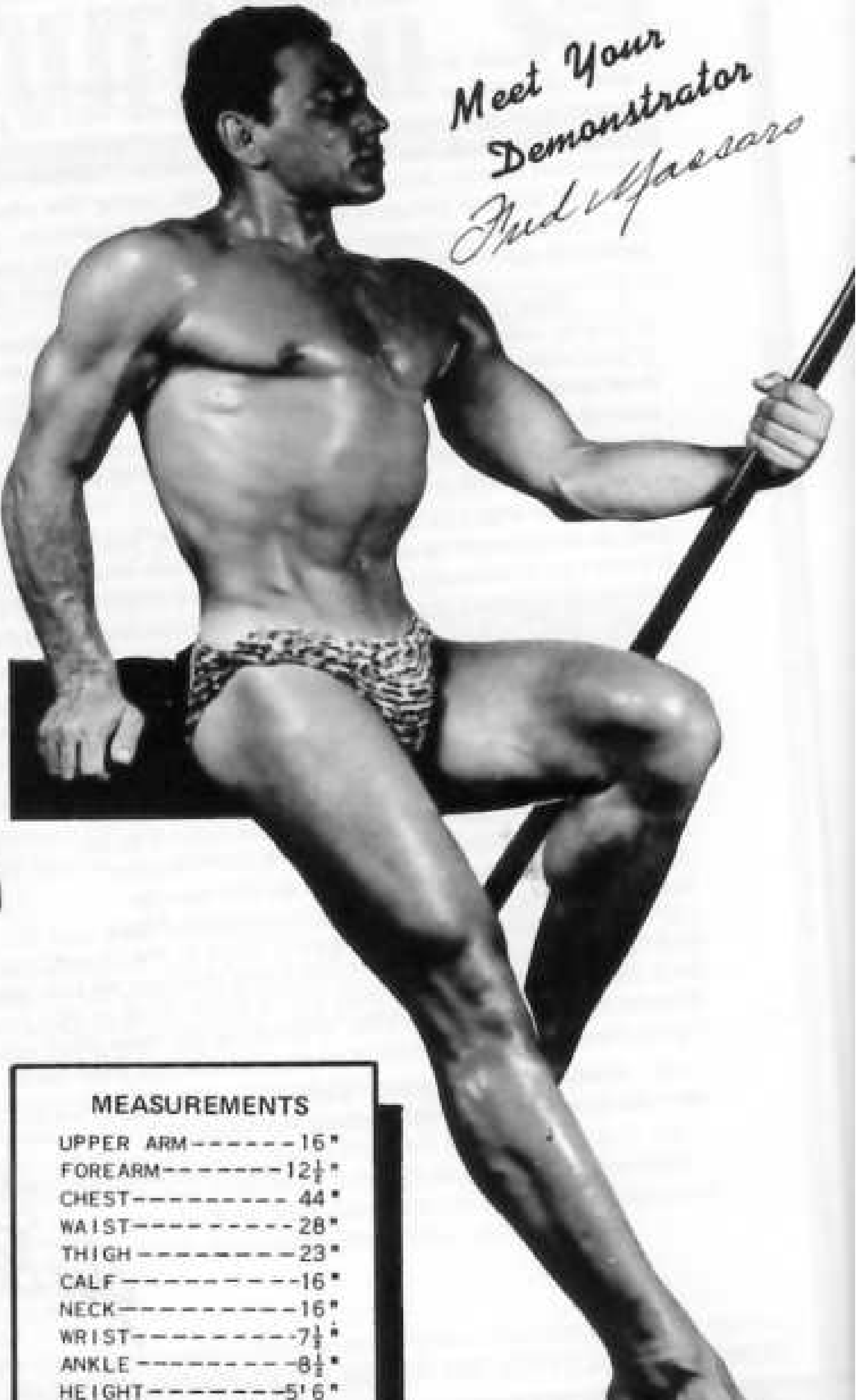
Joe Bonomo



QUESTIONS & ANSWERS

Because of the numerous questions I am often asked by students about the heart and the effect of muscular exercise upon the heart and blood vessels, I will confine this week's question and answer forum to this subject.

Many disorders can come to the heart and vessels, and as we have opportunity to discuss only a few—we will select the most prevailing and most well-known... heart failure!



QUESTIONS & ANSWERS 5th WEEK



MEASUREMENTS	
UPPER ARM	16"
FOREARM	12½"
CHEST	44"
WAIST	28"
THIGH	23"
CALF	16"
NECK	16"
WRIST	7½"
ANKLE	8½"
HEIGHT	5'6"
WEIGHT	168 LBS.

by Joe Bonomo

INTERNATIONAL AUTHORITY ON HEALTH AND PHYSICAL DEVELOPMENT

QUESTION: What is heart failure? Can muscular exercise help prevent its occurence in average people? ANSWER: To understand the cause or causes of heart failure, it becomes necessary to study the muscle of the heart and the duty it performs. As discussed in a previous Muscle Health Lecture, you will remember the heart muscles enables the heart to pump blood to the body tissues--in proportion to the demands of these body tissues for oxygen, nutrients, and to remove waste material. There is a close correlation between these factors...metabolism, respiration, and blood flow to and from the heart. When a person is inactive, the metabolism of the body is said to be low; that is, the rate of body energy supply is low. On the other hand, when a person is physically active, for instance while performing the strength routines of this course, the heart beats more rapidly to supply the tissues with energy. Because the creation of energy from the nutrients carried by the blood requires oxygen, the rate of respiration is also faster in bringing more oxygen to the blood. The capacity of the heart to adapt itself to varied conditions such as these become extremely important. If your heart is never called upon to do great work under great strain, it may fail to perform efficiently, when a sudden strain is put on it. Your heart thus must be trained to work under varied conditions. Medical authorities claim that its capacity to absorbe such strain can be improved by athletic training.

Heart failure thus is the condition in which the heart cannot supply enough *blood flow* to meet the body's urgent demands. Heart failure can be of two types. One is *physiological* failure. Here the needs of the body rise higher than the heart-muscle can supply blood to meet this rising need. Such a condition can come in extreme overwork or extreme exhaustion during athletic contests. Cautious training according to planned scientific schedule will help avoid such a condition occurring. The second form of heart failure is *pathological*. Here the needs of the body do not increase, but rather the ability of the heart to supply normal needs slowly declines. People with this ailment find they cannot run, even find extreme difficulty in walking or doing an average day's work. Many are the reasons for pathological heart failure. There may develop mechanical derangements of the heart's mechanism; such as disease of the heart valves, or increase of resistance to the outflow of blood from the heart as is caused by high-blood pressure. Disease may attack the heart muscle itself, weakening its functioning and strength to pump blood. Many are the troubles which may be caused, ranging all the way from poisonous toxins from infectious disease, to derangements caused by a heavy blow.

The surest rules to help prevent heart failure are two: First, see your doctor at least once a year and have a thorough check-up, letting him prescribe for your individual case. Secondly, do not live a sedentary life *if you are normal* and the doctor states that you are not prevented by such ailments from developing your body. Your heart muscle like other muscles of your body can be improved by athletic training.

Memo from J.B.

Today's Lecture and Question Forum are *important!* Be sure to read them both...the message contained therein will stand you in good stead *all* your life...enabling you to judge for yourself just how much physical exertion is *safe* for your health.

QUESTIONS & ANSWERS 5th WEEK

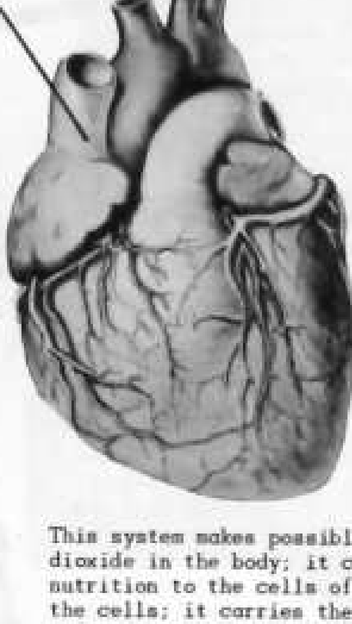
Train your body carefully, systematically and scientifically to be able to withstand great demands for energy, by getting all of your body used to delivering little demands for extra energy. A regular program of muscle training places on the heart and blood stream a regular program of delivering energy. They go together, linked together, building together; a stronger, more resistant heart and body.

QUESTIONS & ANSWERS 5 th WEEK

how your HEART
tissue... enabling

YOUR CIRCULATORY SYSTEM





HEALTH
LECTURE
5th WEEK

The CIRCULATORY SYSTEM, or the CARDIO-VASCULAR SYSTEM, is the name given to the parts of your body comprising the heart and blood channels which transport the blood to all parts of the body, and back to the heart again.

This system makes possible the exchange of oxygen and carbon dioxide in the body; it carries energy-giving and tissue building nutrition to the cells of the body; it removes waste material from the cells; it carries the secretions of various glands; it provides for an even bodily temperature; it balances the water content of the body; *and of even greater importance*, it protects the body from poisonous substances which would cause tissue decay and death if not speedily removed.

The heart is an amazing pump, and its lifelong pumping power is derived from the contraction of its muscles. About seventy times every minute these perpetual muscle contractions, pump a quantity of blood into the longest artery of the body called the AORTA. The blood is carried by the AORTA into smaller subdivisions, and finally reaches the smallest blood vessels known as CAPILLARIES. Each capillary is a minute channel, thousands of which form an intricate network through all tissues. In the capillaries the real hard work of the circulatory system is done. It is here the sustenance and oxygen carried with the blood seep out to the tissue cells. It is here the cells pour back into the blood stream the waste products of their activity. From the capillaries the blood, carrying impurities, returns to the heart by way of the veins. Before reaching the heart the blood flows to the lungs, and there it is purified by the act of respiration. Then the blood goes to the heart to be sent out again through the arteries.

In addition to the part played by the lungs in cleansing the blood impurities, the kidneys also play an important part to be discussed in later lectures.

MUSCLE HEALTH LECTURE No.5
5th WEEK

maintains the flow of blood to feed your body
you to increase your muscle size and strength

The heart is able to function as a pump because of its systematic arrangement of muscles compressing the blood in the cavities, and forcing this blood past a one-way series of valves.

There are four cavities, two on each side of the heart. The upper two are called the AURICULAR CAVITIES, the lower two the VENTRICULAR CAVITIES. The auricular cavities are filled with blood from the veins. The *left* auricle is filled with purified blood from the two pulmonary *veins* leading from the lungs. This pure blood is pumped from the *left* auricle into the *left* ventricule, which in turn, *by muscular contraction*, pumps the pure blood into the large artery called the aorta.

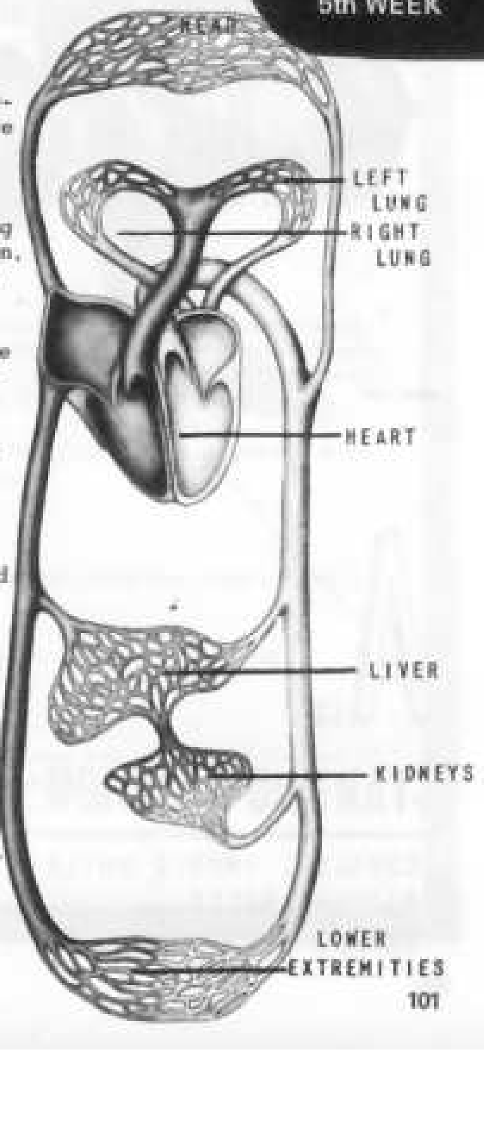
The *right* auricle is filled with impure blood from two large veins... the *superior* and *inferior* vena cava... which collects blood from the head, the arms, legs, and the liver. When the *right* auricle contracts, it forces its contained blood past a valve into the *right* ventricle. The *right* ventricle in turn contracts, forcing its contained blood past the pulmonary valve into the pulmonary *artery*. The blood is then carried to the lungs, where it is subdivided into the capillaries spread over the wall of the air sacs.

Here the blood gives up its impurities and absorbs oxygen. After this is done, the blood is collected into larger vessels, which finally coalesce into the pulmonary vein. And from this vein the principal blood empties into the *left* auricle---and from these as described above, starts its circuit to feed the body tissue, and remove waste by-products.

During exercise, the rate of the pumping action of the heart is speeded up. This means that the blood stream carries tissue-building food and energy fuel to the body cells at a faster rate. In addition, the waste products are swept out of your system at faster speed, the blood doing its job with increased vigor and force.

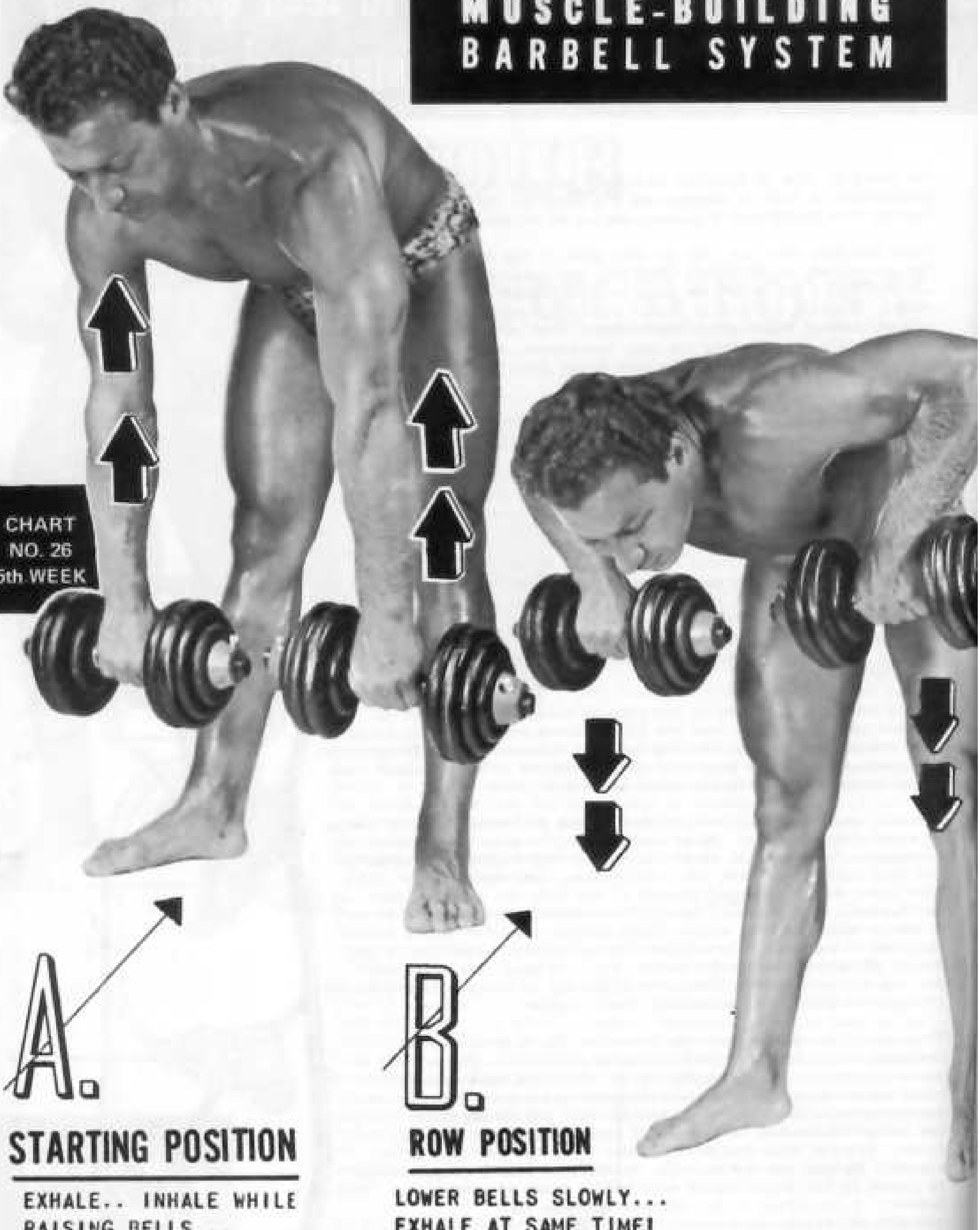
However, exercise has limits in what it can do to aid the body become stronger and healthier. Never exercise to the point of physical exhaustion. When exercise is carried on to this degree, the needs of the body rise higher than the heart-muscles can supply them. The time comes when the oxygen demands of the body are so great that the heart simply cannot supply them. The physical exertion must be reduced, or collapse will occur. This extreme need for oxygen can be observed at many athletic contests, when athletes driven on to the degree of exhaustion are forced to stop. At such times note the heaving of their chests, the furious panting as their bodies gasp and struggle to draw more oxygen into their system.

Throughout this muscle-training course do the work routine as assigned. Work hard at them exactly as described. You may add or detract to the training schedule given which has been worked out based on averages. If you are stronger, more robust than the average a few extra counts on each routine will not do any harm. If you are under average and feel the work is too exhausting, go easy at first. After a while you will be able to do the routines as assigned. Whether you are average, or under or over average, always be guided by one fact---never work to the point of exhaustion. This, however, is no excuse to let natural laziness fool you into believing you are over-tired. Work hard--- you'll know when you are really healthily tired and when you are exhausted. There is quite a difference.



PROFESSIONAL
MUSCLE-BUILDING BARBELL SYSTEM

CHART NO. 26 5th WEEK



A. STARTING POSITION

EXHALE.. INHALE WHILE RAISING BELLS... EXPAND CHEST.

B. ROW POSITION

LOWER BELLS SLOWLY... EXHALE AT SAME TIME!

PHOTO INSTRUCTOR CHART No. 26

5 th week

TRAINING SCHEDULE

1st Day, repeat twelve times ☐
2nd Day, repeat ten times ☐
3rd Day, repeat twenty times ☐
4th Day, repeat sixteen times ☐
5th Day, repeat eighteen times ☐
6th Day, repeat fourteen times ☐

Rest on seventh day. Check ✓ box each day when routine has been completed.

DEMONSTRATED BY
FRED MASSARO

RECOMMENDED
STARTING DUMBBELL
WEIGHT
12½ LBS. EACH

DUMBBELL WARM-UP ROUTINE NO. 6

DETAILED TRAINING INSTRUCTIONS for "Rowing Movement"

CHART NO. 26
5th WEEK

STARTING POSITION

Hold a bell in each hand, holding them with the knuckles front. Lean over until upper body is at right angles to the legs. Feet slightly apart. Do not curve back. Arms are held straight up and down. Positon A

MUSCLE MOVEMENT

1. Keeping body in same position and knuckles forward, slowly pull the bells up as high as possible. Hands slightly outward here, permitting as high a raise as possible. Position B
2. Return bells to Starting Position A. Repeat with rhythmic rowing movement.

BREATHING TEMPO

1. As you pull bells up, expand chest and inhale deeply. Position B
2. Exhale on return to start A, ready to repeat.

TRAINING COMMENTS

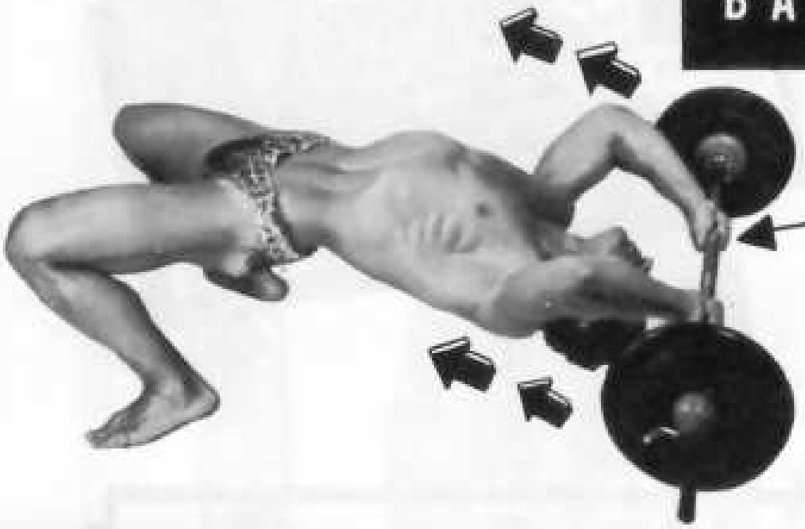
Whenever exercise routines are scheduled in which there is no pause between movements, do these movements with a free easy-swinging rhythmic motion. This will aid you in developing grace and agility in your body actions.

CHART No. 26
5 th WEEK

DEMONSTRATED BY

FRED MASSARO

PROFESSIONAL MUSCLE-BUILDING BARBELL SYSTEM



A. STARTING POSITION

EXHALE...INHALE AND ROTATE BARBELL. PAUSE

CHART NO. 27 5th WEEK



B. MID-BRIDGE POSITION

EXHALE DURING PAUSE ...INHALE AND PRESS WEIGHT UP TO C.

ANATOMICAL ANALYSIS

Here is the first of your training routines designed to build up a powerful, husky neck. The main muscles brought into development here are the TRAPEZIUS, whose function is to draw the head backwards...the STERNO-CLEIDO MASTOID muscles whose action is to turn or draw the head forward. Other neck muscles which aid in carrying the load are listed in the diagram.

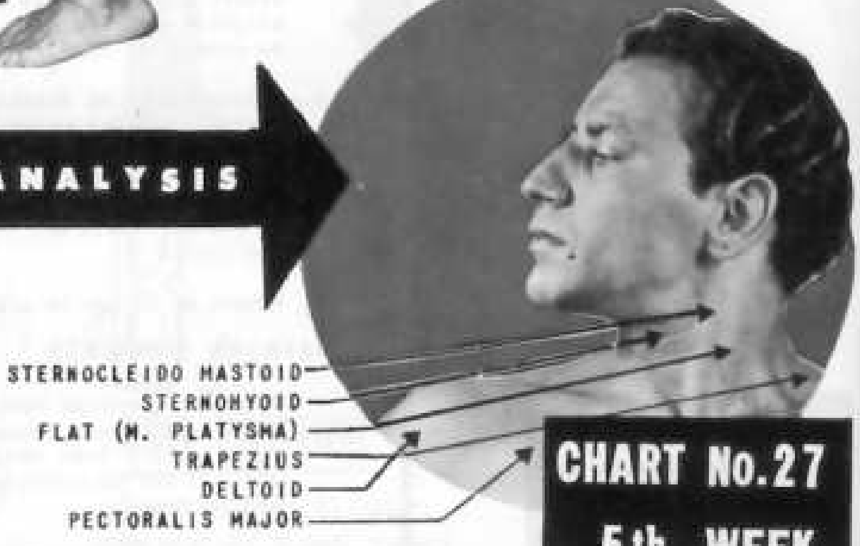


CHART No.27 5th WEEK

PHOTO INSTRUCTOR CHART No.27

5th week

RECOMMENDED BARBELL WEIGHT
35 LBS.

BARBELL STRENGTH ROUTINE NO. 21

DETAILED TRAINING INSTRUCTIONS for "Neck Bridge"

STARTING POSITION

Lie flat on back. Grasp barbell with palms under bar, hands fairly wide apart. Draw feet up and under by bending knees. Bend the neck backwards and arch the back until your body is supported entirely by the feet and the crown of your head. Position A

MUSCLE MOVEMENT

1. Lift barbell from floor and rotate until barbell is resting across chest. Position B
2. Press barbell up, until arms are straight up and down.
3. Slowly return to Position B.
4. Return barbell to A. Lower body and rest before repeating.

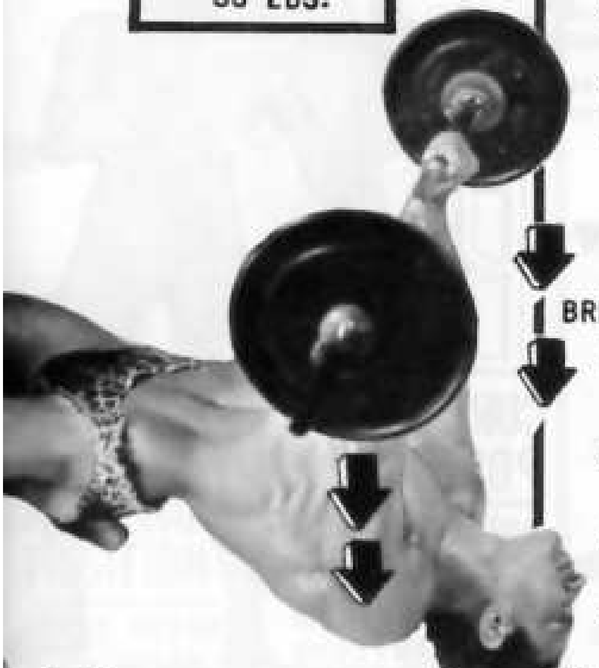
CHART NO. 27 5th WEEK

BREATHING TEMPO

1. Exhale at Starting Position A. When ready to do movement inhale as barbell is rotated into Position B.
2. Pause and exhale before pressing up. Inhale while pressing up.
3. Pause at top of press and exhale. Inhale again on returning to Position B.
4. Pause and exhale at B. Inhale again on return to A. Exhale and rest.

TRAINING COMMENTS

This is an extremely difficult movement developing your sense of balance and muscular coordination. Practice first without weight, then use bar above, then add the weights.



C.

PRESS BRIDGE POSITION

EXHALE DURING PAUSE ... INHALE AND LOWER WEIGHT TO B. PAUSE... EXHALE. DURING PAUSE. INHALE ON RETURN TO A. EXHALE AT A AND REST.

TRAINING SCHEDULE

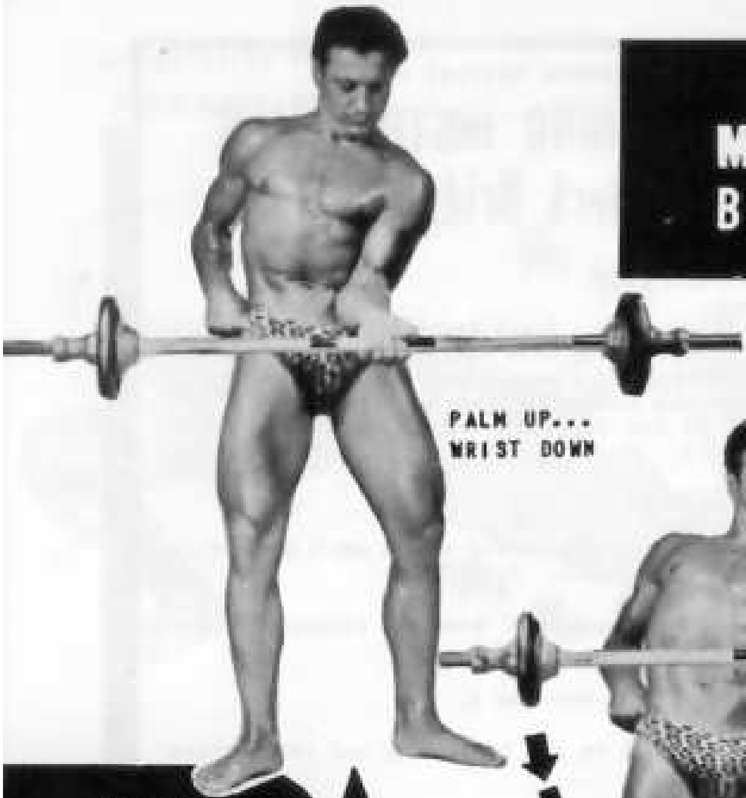
1st Day, Five times	☐	4th Day, Eight times	☐
2nd Day, Six times	☐	5th Day, Nine times	☐
3rd Day, Seven times	☐	6th Day, Ten times	☐

Rest on seventh day. Check ✓ box each day when routine has been completed.

PROFESSIONAL MUSCLE-BUILDING BARBELL SYSTEM

RECOMMENDED BARBELL WEIGHT 42½ LBS.

CHART NO. 28 5th WEEK







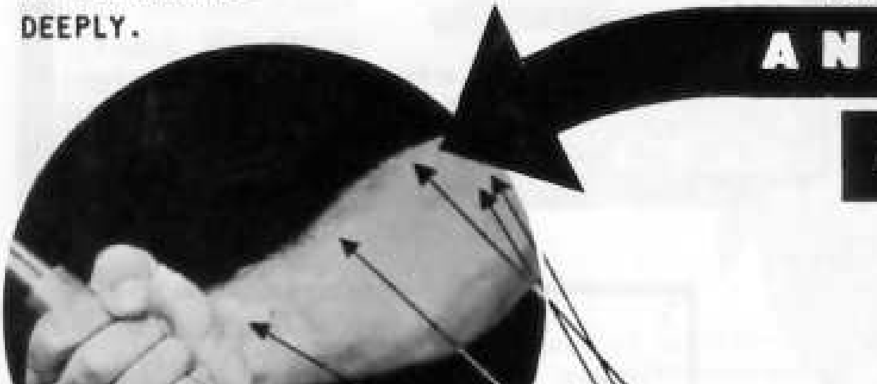
A. STARTING POSITION

FINGERS UP...
WRIST DOWN...
EXHALE.
LIFT WRIST UP
TO B...INHALE
DEEPLY.

B. CURL-UP POSITION

ROTATE WITH
WRIST LOCKED..
EXHALE DURING
ROTATION

ANATOMICAL ANALYSIS



A study of the intricate muscles of the forearm reveals that not only do they run the length of the forearm, but that the SUPINATOR and the PRONATOR QUADRATUS wind partly across or around the bones. This rotation routine brings these muscles in particular into play, as the SUPINATOR supinates the forearm, while the QUADRATUS pronates the forearm, as implied by their names.

PHOTO-INSTRUCTOR
CHART No. 28

5th week

DEMONSTRATED BY
FRED MASSARO

TRAINING SCHEDULE

1st Day, three times each hand alternately ☐
2nd Day, four times each hand alternately ☐
3rd Day, five times each hand alternately ☐
4th Day, six times each hand alternately ☐
5th Day, eight times each hand alternately ☐
6th Day, ten times each hand alternately ☐
Rest on Seventh Day. Check ✓ box each day when routine has been completed.



C. ROTATION POSITION

RAISE WEIGHT WITH WRIST.. INHALE, EXPANDING CHEST.

D. CURL-UP ROTATION POSITION

LOCK WRIST... ROTATE BACK TO A. EXHALE READY TO REPEAT.

CHART No. 28
5th WEEK

BARBELL STRENGTH ROUTINE NO. 22

TRAINING INSTRUCTIONS
DETAILED
for "Wrist Rotating"

CHART NO. 28 5th WEEK

STARTING POSITION

Stand erect, feet slightly apart. Hold bar in one hand, palm up. Brace the elbow against the side of the abdomen. Bend wrist down as far as possible. Position A

MUSCLE MOVEMENT

1. Curl wrist up. Position B
2. Slowly rotate barbell so that knuckles are up and wrist is now bent downwards. Position C
3. Bend wrist up as far as possible. Position D
4. Rotate back to Start A.

BREATHING TEMPO

1. Exhale at Start A. Inhale and expand chest as wrist is curled up. B.
2. Exhale as barbell is rotated to C.
3. Inhale again as wrist is bent up.
4. Exhale on rotation back to A, ready for repeat.

TRAINING COMMENTS

This is an all-around arm developer. Be careful on rotation that barbell does not slip. Do complete movement with right hand then switch to left hand.



A. STARTING POSITION

STAND ERECT... BARBELL SHOULDER HIGH

B. SQUAT POSITION

LOWER BODY SLOWLY...



CHART NO. 29 5th WEEK



C. ONE LEG SQUAT POSITION

EXTEND LEG... LOWER HIPS TO FLOOR



D. SITTING POSITION

EXTENDING OTHER LEG...

ANATOMICAL ANALYSIS



Although virtually every major muscle is brought into play in this routine, the main muscles developed are in the thighs and legs. Throughout this movement try to develop grace of action, avoiding jerky movements.

PROFESSIONAL
MUSCLE-BUILDING BARBELL SYSTEM

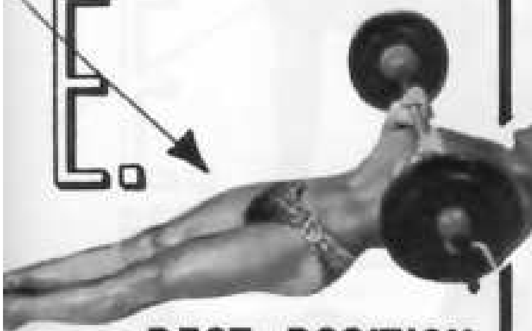
PHOTO-INSTRUCTOR
CHART No. 29
5 th week

TRAINING SCHEDULE

1st Day, ten times without barbell ☐
2nd Day, ten times with bar only ☐
3rd Day, fifteen times with bar only ☐
4th Day, five times using light weight ☐
5th Day, ten times using medium weight ☐
6th Day, ten times using full weight ☐
Rest on seventh day. Check ✓ box each day after routine has been completed.

RECOMMENDED BARBELL WEIGHT
42½ LBS.

E.



REST POSITION

LOWER TRUNK BACKWARDS... REST...RETURN TO START A IN REVERSE.

DEMONSTRATED BY
FRED MASSARO

BARBELL STRENGTH ROUTINE NO. 23

DETAILED TRAINING INSTRUCTIONS
for "Two Hand Get Up"

CHART NO. 29 5th WEEK

STARTING POSITION

Stand erect, feet together. Bring weight up so that bar is horizontal and level with shoulders. Position A

MUSCLE MOVEMENT

1. Lower entire body slowly until you are in a squat position. Position B
2. From squat extend one leg forward, so that you are sitting on one leg tucked up. Position C
3. Dropping back gently, extend other leg. Position D
4. Lie back until entire body is on floor. Position E
5. Return to start by doing entire movement in reverse.

BREATHING TEMPO

Since this is primarily a routine to develop your agility and sense of balance, no breathing tempo is specified.

TRAINING COMMENTS

This routine is NOT easy. Try it a few times without weight. Then try it using bar only. Before week is finished you should make a positive effort to accomplish this routine using at least 35 pounds. Learn to do the routine using each leg alternately.

CHART No. 29
5 th WEEK

PROFESSIONAL
MUSCLE-BUILDING BARBELL SYSTEM

CHART
NO. 30
5th WEEK



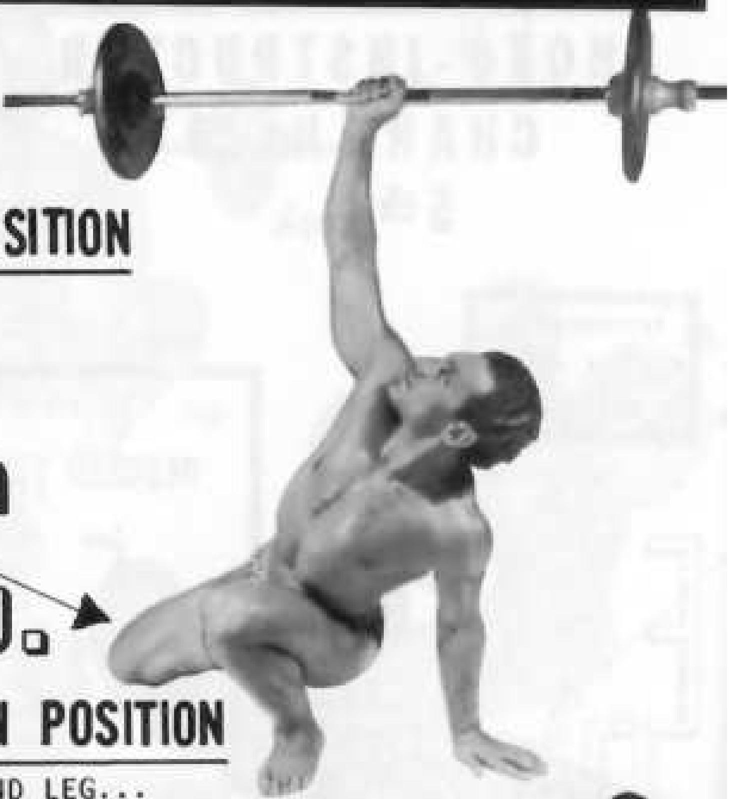
A. STARTING POSITION

HOLD WEIGHT OVERHEAD...



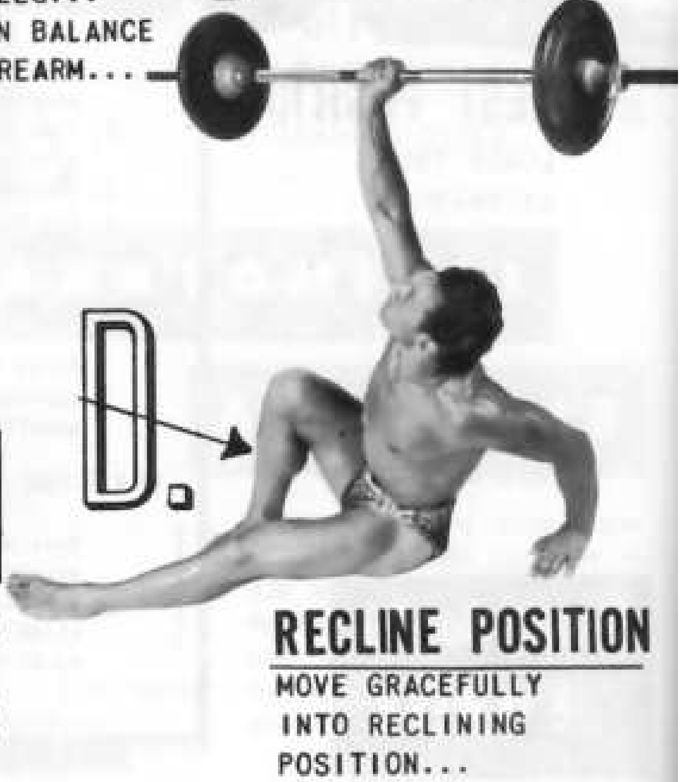
B. KNEE POSITION

SLOWLY LOWER BODY TO KNEE...



C. LEAN POSITION

EXTEND LEG... MAINTAIN BALANCE WITH FOREARM...



D. RECLINE POSITION

MOVE GRACEFULLY INTO RECLINING POSITION...

ANATOMICAL ANALYSIS

Training routines such as this bring every muscle into play, each group picking up the work smoothly from other groups as the body position changes. Routines such as this train the body muscles to work as a team, each passing the task to the next in graceful coordination.

PHOTO INSTRUCTOR CHART No.30

5th week

DEMONSTRATED BY

FRED MASSARO

TRAINING SCHEDULE

1st Day, three times each hand using bar only ☐
2nd Day, three times each hand using light weight ☐
3rd Day, three times each hand using medium weight ☐
4th Day, five times each hand using light weight ☐
5th Day, five times each hand using medium weight ☐
6th Day, five times each hand using full weight ☐
Rest on Seventh Day. Check ✓ box each day when routine has been completed.



E.

REST POSITION

LIE ON BACK... PAUSE...RETURN TO START A IN REVERSE.

BARBELL STRENGTH ROUTINE NO. 24

DETAILED TRAINING INSTRUCTIONS for "One Hand Get Up"

CHART NO. 30 5th WEEK

STARTING POSITION

Stand erect, hold weight overhead with one hand. Position A

MUSCLE MOVEMENT

1. Slowly lower yourself on to left knee. Position B
2. Extend Left Leg forward, at same time bracing balance with left hand on floor beside you. Position C
3. Slowly lower body to reclining position, keeping barbell high. Double right leg up to avoid a tendency to roll over backwards. Position D
4. Come to full rest position . Position E
5. Return to Start A, by reversing procedure.

BREATHING TEMPO

This is another routine designed to develop grace of movement, agility and balance coordination. No breathing tempo is specified - since your own timing and normal breathing will work together in harmony.

TRAINING COMMENTS

The arm holding barbell is to remain verticle throughout the routine. Keep your eye on the hand holding the weight. The first time you do this, use bar only without weights.

RECOMMENDED BARBELL WEIGHT

42½ LBS.

CHART No. 30 5 th WEEK

TRAINING SCHEDULE

Day	Times	Hand	
1st Day,	5 times,	right hand in front	☐
	5 times,	left hand in front	☐
2nd Day,	8 times,	right hand in front	☐
	8 times,	left hand in front	☐
3rd Day,	7 times,	right hand in front	☐
	7 times,	left hand in front	☐
4th Day,	6 times,	right hand in front	☐
	6 times,	left hand in front	☐
5th Day,	10 times,	right hand in front	☐
	10 times,	left hand in front	☐
6th Day,	9 times,	right hand in front	☐
	9 times,	left hand in front	

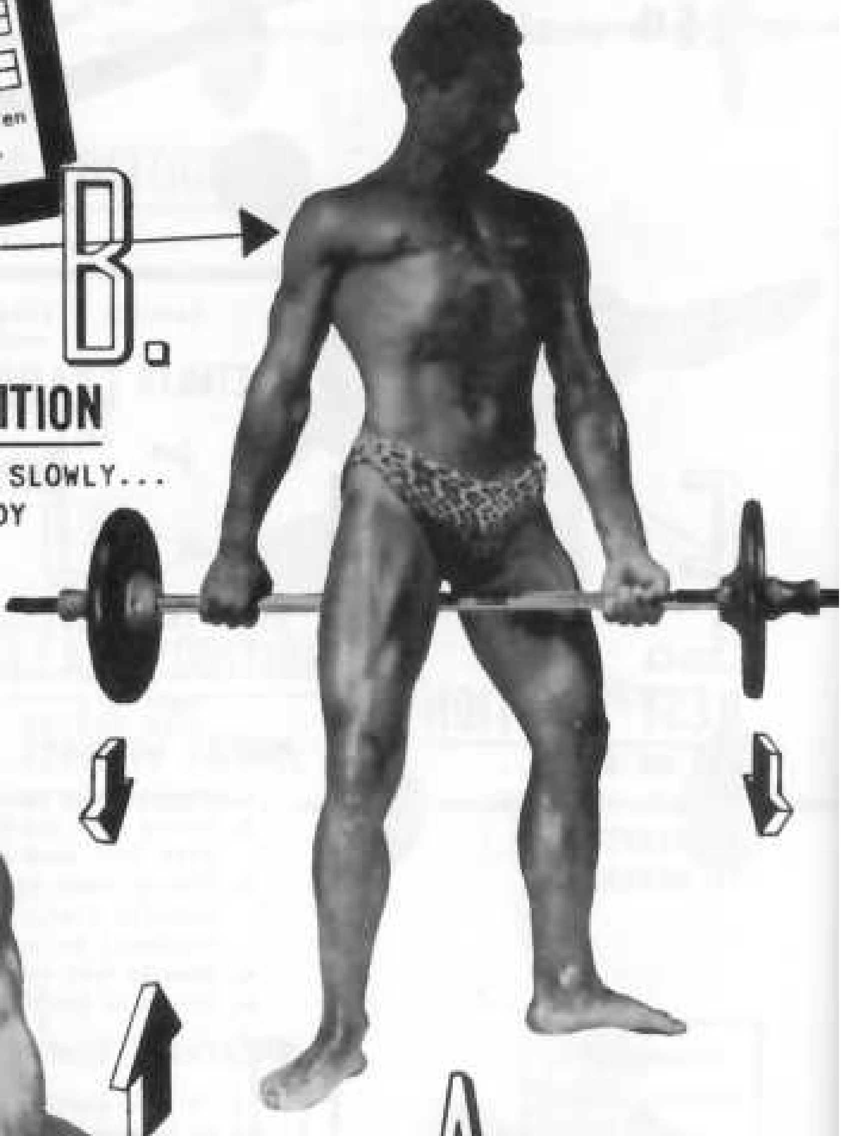
Rest on seventh day. Check✓ box when each day's routine has been completed.

PROFESSIONAL MUSCLE-BUILDING BARBELL SYSTEM

CHART NO. 31
5th WEEK

B. LIFT POSITION

LOWER BODY SLOWLY... EXHALE READY TO REPEAT.

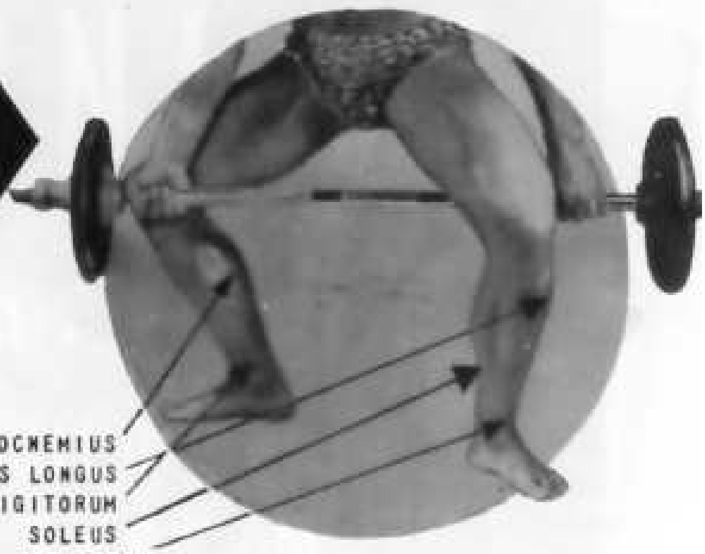




A. STARTING POSITION

HOLD TORSO ERECT... EXHALE... INHALE DEEPLY... LIFT WEIGHT TO CROTCH... STRAIGHTEN LEGS.

ANATOMICAL ANALYSIS



An effective routine to develop the extensors and flexors of the legs and thighs. Here the muscle-student should take a hint that it never pays to stress development of the upper torso, while neglecting the legs. Far too many muscle men are top-heavy or badly balanced and incapable of carrying their weight efficiently. Work hard here and be sure of your leg foundations.

PHOTO-INSTRUCTOR CHART No. 31

CHART NO. 31 5th WEEK

DEMONSTRATED BY
FRED MASSARO

RECOMMENDED BARBELL WEIGHT
42½ LBS.

CHART No. 31
5 th WEEK

BARBELL STRENGTH ROUTINE NO. 25

DETAILED TRAINING INSTRUCTIONS for "Straddle Lift"

STARTING POSITION

Stand astride barbell, with feet at comfortable distance apart...about 18 to 20 inches. Squat and grasp bar with both hands, one hand behind body and one in front. Position A.

MUSCLE MOVEMENT

1. Keeping back erect, rise slowly until legs are straight and barbell is under crotch. Position B
2. Return to Starting Position A. Do this slowly, do not let weight pull you down...but lower barbell deliberately.

BREATHING TEMPO

1. Exhale at Start A. As you rise to upright Position B, breathe in deeply.
2. On return to A, exhale slowly, ready to repeat.

TRAINING COMMENTS

This is an excellent posture exercise. Concentrate during routine on keeping body erect.

TRAINING SESSION No 6





LIST OF CONTENTS 6th WEEK



LIST OF CONTENTS 6th WEEK

JOE BONOMO *Professional* MUSCLE-BUILDING BARBELL SYSTEM

LIST OF CONTENTS

CLASSICAL AND ANATOMICAL POSES by DEMONSTRATOR Carmine Signore



LIST OF CONTENTS 6th WEEK

HEADQUARTERS OF
STRONGMEN'S CLUB OF AMERICA

A Message from the Director

Joe Bonomo

1841 BROADWAY NEW YORK, N. Y. 10023

LETTER
NO. 6
6th WEEK

Dear Student;

This is the start of your sixth training session. The half way mark has been passed. You now are well on your way to achieving a sturdy, muscular body which will be the cause of considerable envy among the less ambitious of your men friends...and a source of gratifying admiration from your women acquaintances.

Many of my students take up barbell training as an aid to developing muscular strength and stamina for other sports. Some of them write, asking me whether the large, super-muscles which come from barbell training will hinder them in these other sports. The answer is both yes and no.

If you go about barbell strength training without a carefully worked out scientific plan for guidance, it is possible to develop certain muscles out of proportion to other muscles. This will tend to limit your freedom of movement causing what is often referred to as being "muscle-bound". For example, suppose you developed extremely large and powerful biceps of the arms and completely neglected the triceps, you would find that you could flex the arm with terrific force, being able to exert almost super-human pressure when bending the arms. But in the reverse direction, because the triceps are weak, you would also be weak.

If you were wrestling, you could pull a man towards you with a strength and force so great as to almost be frightening to your opponent. Your weakness would be that you couldn't offset his pull, being unable to push him away. This system of muscle training has taken into account these factors, great care being taken to equally balance the development of opposing muscle groups. If you follow the training schedules faithfully, the training will be of immeasurable aid in all sports.

The knee bend routines are wonderful for sports where leg endurance is important ...for the bobbing action used in christiana high-speed skiing turns...for posting on horseback...for long runs up a football field. The balanced development of the arm and shoulder muscles will make a more powerful pitcher, a harder hitting boxer...all around development bringing you closer to stardom in every field of sport.

By now, you can feel your muscles beginning to harden...as they get stronger and stronger. Your charts should be showing progress in what you are doing in the way of body building...and, yet, this is only you at the halfway mark. You've got five more sensational weeks ahead of you...and with the momentum of a daily regulated system of exercising, there's a promise of greater development in the days ahead. Your progress should be swifter now that you've got the ball rolling.

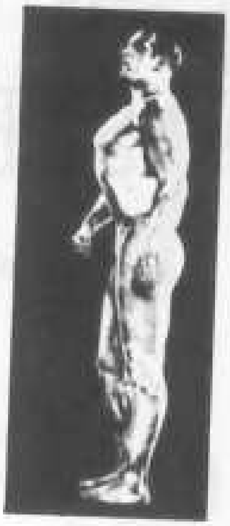
During this week, you'll learn a lot of great things about your digestive system in this week's health lecture. This is an important part of health building...and I want

INTERNATIONAL AUTHORITY ON HEALTH AND PHYSICAL DEVELOPMENT

Joe Bonomo...

• 1841 BROADWAY
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you to understand this health lecture thoroughly. At the same time, I want you to start drinking at least 8 glasses of water each day.

Now, this is not as difficult as it seems. Spread out your water throughout the day...a glass when you get up...another after breakfast...another in the mid-morn...and so on. From now on, get into the habit of drinking at least 8 glasses of water every day. Beverages, soups, and other liquidy foods are to be included in this count. You should follow this plan throughout your life.

This week you are being introduced to a new set of exercise routines designed mainly to strengthen the legs. As you progress through each week's exercise routines, you'll discover that the next week that follows, scientifically allows some muscle areas from the preceding week of work to relax. This is done because muscle soreness can dissipate rapidly with a little rest. Other muscle areas are given workouts the same way that you might have a trainer massage you. The muscle areas are given a type of exercise designed to kneed and to massage as well.

If you are following the recommended weight in iron poundage, you are progressing as well as expected. If you've reduced the weight, try to get up to the recommended weight during this week. This means that you may have to spend a little more time each day in your workout activity...do so by all means. If the weight, on the other hand, appears to be light...increase it so that you are putting in strenuous activity. You get out of this weight training exactly what you put into it. If you are using light iron poundage just to get through each day's work quickly and easily...you're not getting the full benefits of this training course.

LETTER
NO. 6
6th WEEK

The fellows that take this weight training course come from all walks of life...with all kinds of bone structures and strength structures. This course can only suggest what can be done. It is up to you to determine how fast you want to build up your physique. And, what tells the tale is that chart you are keeping. If the chart shows progress, you are doing the routines correctly, and if not, you are doing something wrong and should examine all the possibilities. Your success depends upon you...and what you are doing with this scientifically balanced system of weight training. Okay now...get going! Let's put in lots of effort, and that chart will be showing some exciting results!



Your friend and instructor,

Joe Bonomo



SCENE FROM THE SERIAL "SWISS FAMILY ROBINSON", SHOWING JOE BONOMO CARRYING FIVE PIRATE VILLAINS TO BE DUMPED INTO THE RIVER.

QUESTIONS & ANSWERS

by Joe Bonomo

QUESTIONS & ANSWERS 6th WEEK



INTERNATIONAL AUTHORITY ON HEALTH AND PHYSICAL DEVELOPMENT

In today's Muscle-Health Lecture we have discussed the DIGESTIVE SYSTEM, showing how the body derives the energy to function and the chemicals to build new tissue from the foods we eat daily. In this week's question forum we will discuss one of the commonest ailments of the digestive system, stressing how important it is to remain healthy enabling us to enjoy to the fullest a happy, energetic vigorous life.

QUESTION: What is CONSTIPATION? Is this condition abnormal to good health?

ANSWER: A great deal of mankind's personal misery is caused by constipation...the stagnation of the end products of digestion in the COLON and RECTUM. The daily and thorough movement of the bowels, called defecation, is one of the most important rituals of personal hygiene. This should never be neglected or put off 'til later. Failure to attend to this function may cause an enlargement of the veins of the anus. This is known as HEMMOROIDS, which usually have to be removed by an operation.

The rectum is well supplied with sensory nerves and transmits the sensation of fullness to the conscious brain. This message of fullness usually occurs after the morning meal, because during sleep the food mass has collected in the SIGMOID. The first meal starts a gentle muscle movement of the entire bowel, which propels the waste material into the rectum. In some people, the entire movement is sluggish and weak...quite insufficient to thrust the waste material into the rectum every day. Medical authorities claim that it does no harm for the waste material to remain in the SIGMOID, as absorption into the blood stream is almost negligible. Although there is no law of nature stating that the bowel has to be evacuated every day, people who exercise regularly keeping themselves physically active, will find that their bowel movements are quite regular, and have no need for artificial aids in the form of cathartics.

Holding off the natural process of defecation can cause the sensitivity of the rectum to become dulled by disregard. When waste products start to enter the rectum, you become aware of this. If this call to stool is disre-

garded, the waste recedes in the SIGMOID again. While in the rectum, the waste can be evacuated by the voluntary action of the person—by pressure of the abdominal muscles and the pushing down of the diaphragm. When the waste is in the SIGMOID alone, no amount of straining or pushing will move it.

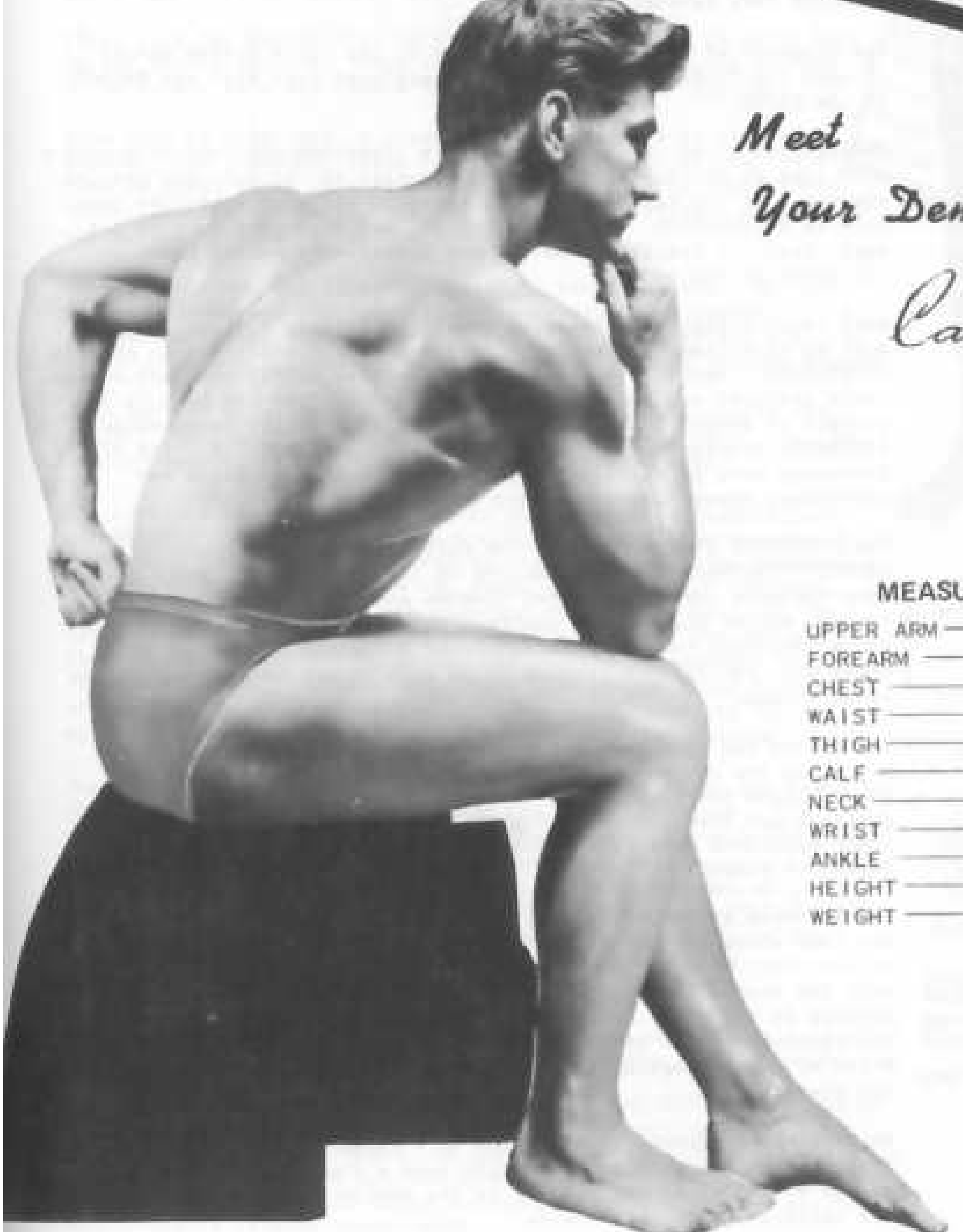
Normal individuals can safeguard against constipation by following two simple rules:

First: regularly stimulate the entire process of digestion by regular exercise.

Second: regularly remove the waste products of digestion by regular defecation.

Memo from J.B.

Don't put off 'til tomorrow
what you can do today-
Don't put off 'til later
what you can do now-
Procrastination means
constipation!



Meet Your Demonstrator

Carmine Signore

QUESTIONS & ANSWERS 6th WEEK

MEASUREMENTS

UPPER ARM	16"
FOREARM	13"
CHEST	46"
WAIST	30"
THIGH	22"
CALF	16"
NECK	16"
WRIST	7"
ANKLE	9"
HEIGHT	5'7"
WEIGHT	165 LBS

QUESTIONS & ANSWERS 6th WEEK

YOUR DIGESTIVE



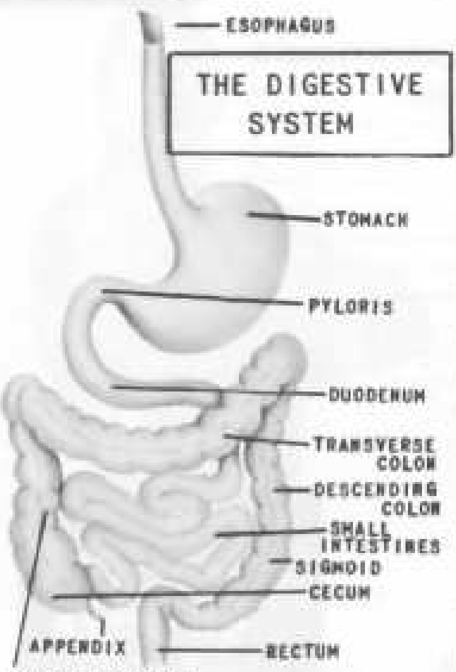
HEALTH
LECTURE
6th WEEK

In the human body this energy supply is secured by the INGESTION, DIGESTION and ABSORBTION of various forms of nutrition. These are taken into the body at the mouth, digested in the STOMACH and BOWELS. The waste material is collected in the RECTUM and ejected from the body through the ANUS.

The products of digestion are carried to the blood stream mostly through the THORACIC DUCT and are transformed into HEAT and ENERGY in the LIVER.

The initial stage of the process is to transform the food into such a form that it can be carried to and absorbed by the body and muscles tissues. At the same time oxygen-carrying-air must enter the body. This is RESPIRATION. When the food and air have both entered the body, they are finally dissolved and transported by the blood to all parts of the body.

When these dissolved substances reach the various tissues, they must be converted into energy. This process of nutrition is called METABOLISM. During the process of converting nutritions into energy, waste products are formed. These are removed from the body by the process of EXCRETION. The management of this entire complicated, AUTOMATIC process is done by the central NERVOUS SYSTEM. The entire procedure acts as an endless chain, where entire strength and efficiency depends on the health of each link.



The DIGESTIVE SYSTEM, or as it is called in medical terminology, the GASTRO-INTESTINAL SYSTEM, consists of the food canal-lips to anus. This includes the supplemental tissues and organs...the teeth and tongue, saliva glands, the pancreas and the liver. The saliva and secretions from the pancreas and liver being the substances which break down the food, digesting it so that it may be absorbed by the blood stream.

The system may be visualized as a muscular tube into which GLANDS all along its course pour *food dissolving* secretions. Some of these glands are embedded in the wall of the tube. However, the pancreas and liver are so large that they lie outside and discharge their digestive secretion through a duct which empties into the digestive canal.

The MUSCULAR ACTION of the walls of the canal automatically pushes the food along the tube.

Note the double function of the digestive canal...the muscular pushing of the food, always churning it and mixing it; and the bio-chemical action of the digestive secretions continually being mixed with and breaking up the food so that it can be absorbed by the blood stream.

The principle process of digestion is a chemical change, a transformation of the complex foodstuffs into a form which can be absorbed by the blood and carried in the narrow blood channel through the capillaries to the tissues.

SYSTEM... how it absorbs NUTRIENTS from food, passing into the blood stream

ENERGY-CREATING & MUSCLE-BUILDING CHEMICALS.

Previous Muscle Health Lectures have shown you that the body is wonderful, but rather a complicated piece of machinery. Lacking a source of energy, a fuel which can be turned into heat and power, your amazing body would remain inert and in a short time would cease to function entirely.

The digestive juices which are responsible for this change are many, each one entrusted with a specialized job of handling a special type of food. The saliva works on the starch foods, like potatoes. The powerful digestive *gastric juice* in the stomach tears apart the proteins or albuminous foods like meat and eggs.

Thus, from the moment food enters the mouth when it is acted upon by the saliva until it temporarily comes to rest in the stomach it is worked upon and broken up by these digestive juices.

From time to time food is passed from the stomach at its lower opening, the PYLOROUS, where it now enters the INTESTINE. The food is moved along by a series of muscular contractions of the tube...and again more chemical action...the intestinal walls pour out more digestive secretions.

In the DUODENUM, the first 12 inches of the intestine, the BILE from the liver and the juice from the pancreas are poured in. At the end of twenty feet of travel around the coils within you, the the food is now entirely in liquid form and greatly changed chemically.

From here it enters the first portion of the COLON, called the CECUM . In its course through the colon, water is lost. By the time it reaches the SIGMOID it has become semi-solid.

The chemical changes which occur in the three main foodstuffs---*carbohydrates, proteins, fats*---during digestion is a process of continuous simplification, breaking them into more simple chemical structures. When they reach the final stage they are absorbed. The proteins and starches are absorbed through the walls of the large intestine into a network of small veins over its surface. These empty into larger veins and are finally transported to the liver. Thus the liver not only takes part in the final digestion of food, but also manufactures bile, which is stored in the gall bladder, and during eating is discharged into the duodenum.

Beside the blood-vessels of the large intestine, there are other absorbent vessels on the surface of the small intestine. The greater absorbtion of fully digested food occurs through the walls of the small intestine by means of these absorbent vessels called LACTEALS. The fully digested food, in fluid form known as *chyle*, are carried to a receptacle near the lower end of the THORACIC DUCT which empties into the venous system near the heart. Thus the digested food (chyle) becomes part of the blood. It is then carried by the circulation to the liver.

The liver stores the nutrition for future use, and part is converted into GLUCOSE, an easily assimilable form of sugar, for immediate use.

Attention is drawn here to the completely interrelated functions of all parts of the body. By systematic exercise not only are the muscles improved in strength and texture, but the circulation of the blood is stimulated and the food is massaged and aided in digestion in all parts of the digestive system. Like a healthy nation, bodily health is also indivisable.

MUSCLE-DIAGRAM ILLUSTRATIONS

by DR. JOHN GILMORE

MEDICAL ILLUSTRATOR FOR AUTHORITATIVE MEDICAL JOURNALS AND SCIENTIFIC RESEARCH ORGANIZATIONS

HEALTH LECTURE No. 6
6 th WEEK



JOE BONOMO

PROFESSIONAL
MUSCLE-BUILDING
BARBELL SYSTEM

PHOTO INSTRUCTOR CHART No. 32
6 th week

STARTING POSITION

STAND ERECT...
INHALE DEEPLY...
BEND FORWARD
EXHALE SLOWLY.

A.



CHART
NO. 32
6th WEEK

DEMONSTRATED BY
CARMINE SIGNORE

FORWARD POSITION

RISE SLOWLY...
INHALE DEEPLY...
PRESS BACK...
EXPANDING
CHEST FULLY.

B.



RECOMMENDED STARTING
DUMBBELL WEIGHT
12½ LBS. EACH



TRAINING SCHEDULE

1st Day, ten times ☐
2nd Day, twelve times ☐
3rd Day, fourteen times ☐
4th Day, sixteen times ☐
5th Day, eighteen times ☐
6th Day, twenty times ☐

Rest on seventh day. Check ✓ box each day when routine has been completed.

DUMBBELL WARM-UP ROUTINE NO. 7

DETAILED TRAINING INSTRUCTIONS for "STIFF LEGGED WEIGHT LIFT"

CHART NO. 32 6th WEEK

STARTING POSITION

Stand erect, heels together. Take a dumbbell in each hand at side, knuckles turned *sideways*. Position A.

MUSCLE MOVEMENT

1. Without bending knees, bend body at waistline until bells just about touch floor. Position B.
2. Slowly rise, past starting Position A, until you are leaning backwards...Position C. Permit dumbbells to pass sides of thighs without touching.
3. Repeat by moving past A to B and return to C.

BREATHING TEMPO

1. Inhale deeply at Start A.
2. Exhale slowly on going forward to B.
3. Inhale slowlyon rise to C. Expand chest to maximum.

TRAINING COMMENTS

Do not round back on going forward. Be sure to straighten shoulders and push straight arms back to fullest. Do the routine slowly, with smooth rhythmic movement.

C. BACK PRESS POSITION

AFTER PRESSING BACK GO FORWARD... EXHALING SLOWLY.

CHART No. 32
6 th WEEK

PROFESSIONAL

MUSCLE-BUILDING BARBELL SYSTEM

PHOTO INSTRUCTOR CHART No. 33

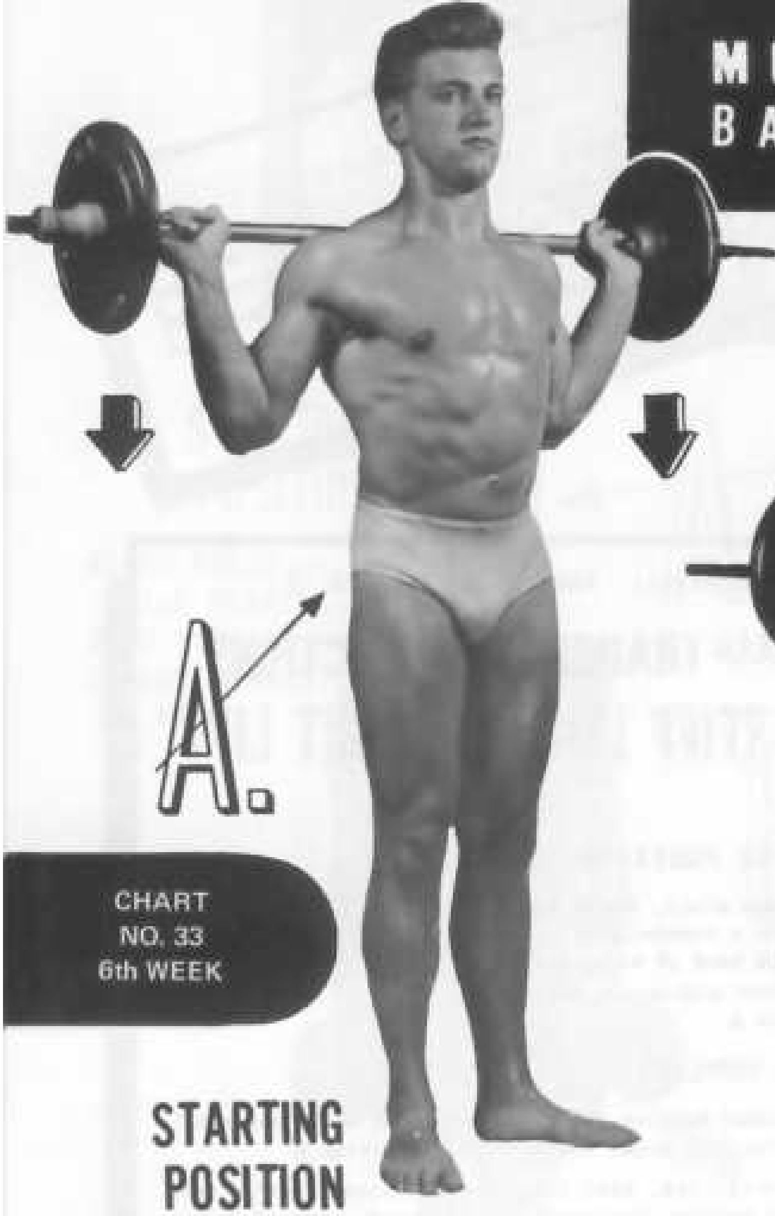
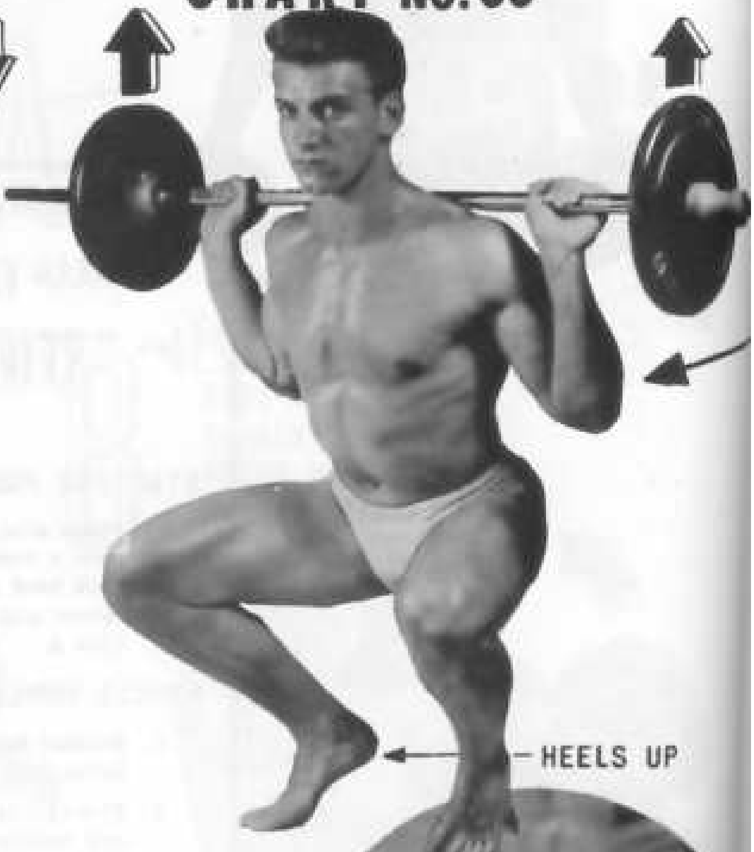


CHART
NO. 33
6th WEEK



STARTING POSITION

EXHALE BEFORE SQUAT...
LOWER BODY SLOWLY...
INHALE SLOWLY.

ANATOMICAL ANALYSIS

The action of the SARTORIUS is to flex the thigh at the hip-joint and the knee, at the same time rotating the leg inward and the flexed thigh outward. The action of the RECTUS FEMORIS is to flex the thigh and extend the leg. The GRACILIS adducts the thigh; flexes the leg and rotates it. These thigh muscles together with the GASTROCNEMIUS and SOLEUS which control the flexing of the foot, all obtain an excellent workout with this routine.



RECOMMENDED BARBELL WEIGHT

42½ LBS.

DEMONSTRATED BY

CARMINE SIGNORE

TRAINING SCHEDULE

1st Day, ten times ☐
2nd Day, eight times ☐
3rd Day, ten times ☐
4th Day, eight times ☐
5th Day, ten times ☐
6th Day, fifteen times ☐

Rest on seventh day. Check ✓ box each day when routine has been completed.

B.

SQUAT POSITION

HOLD BODY ERECT...
EXPAND CHEST...
EXHALE ON RISING.

BARBELL STRENGTH ROUTINE NO. 26

DETAILED TRAINING INSTRUCTIONS for "KNEE BENDING"

(RISING ON TOES)

CHART NO. 33 6th WEEK

STARTING POSITION

Rest barbell across shoulders. Stand erect, heels not quite together, toes at right angle to each other. Position A

MUSCLE MOVEMENT

1. Slowly lower body by bending knees until you are in squatting position. As body is lowered, raise heels. Position B
2. Rise back to starting Position A.

BREATHING TEMPO

1. Exhale just before start. Inhale as body is lowered, expanding chest fully.
2. Exhale as you rise, so that at end of up-movement you are ready to repeat.

TRAINING COMMENTS

This is not only an excellent routine to add strength and agility to the muscles of the legs and thighs ...but in addition is wonderful training to improve your posture. Hold upper body as erect as possible when you go down and rise. Note: knees separate in the squat position.

CHART No. 33
6 th WEEK

PROFESSIONAL
MUSCLE-BUILDING BARBELL SYSTEM



PHOTO INSTRUCTOR CHART No.34
6th week

A. STARTING POSITION

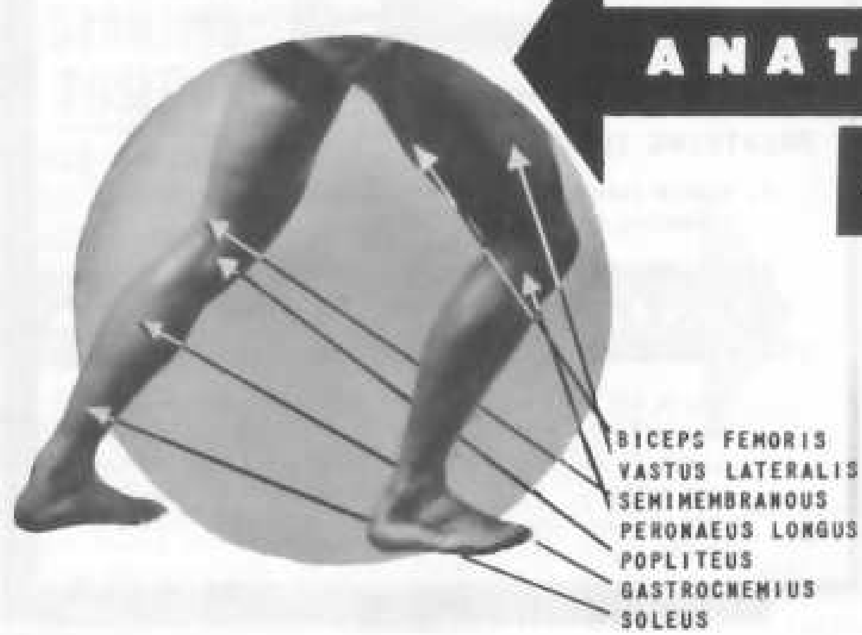
LOWER TORSO SLOWLY...
EXHALE SLOWLY.

B. SQUAT POSITION

RISE SLOWLY TO START...
INHALE DEEPLY,
READY TO REPEAT.

CHART
NO. 34
6th WEEK

ANATOMICAL ANALYSIS



In the previous kneebending routine, the action of one of the leg and thigh muscles were explained. In addition, the following muscles are also detailed for reference. The BICEPS FEMORIS ...flexes the leg, rotating it outwards; also extends thigh backwards and rotates thigh outward. The POPLITEUS ...flexes leg and rotates it inward. The SEMIMEMBRANOSUS...extends thigh backward and flexes leg.

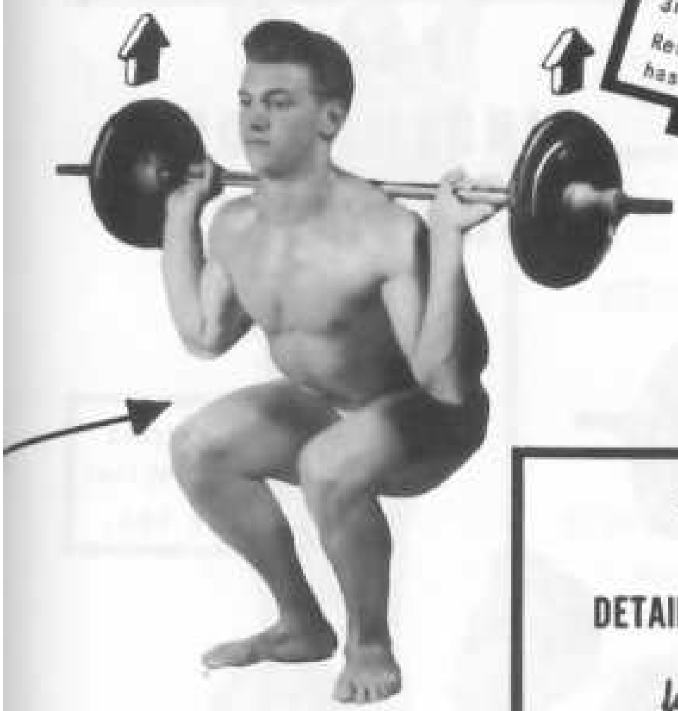
DEMONSTRATED BY

CARMINE SIGNORE

TRAINING SCHEDULE

1st Day, ten times ☐
2nd Day, twelve times ☐
3rd Day, fourteen times ☐
4th Day, sixteen times ☐
5th Day, eighteen times ☐
6th Day, twenty times ☐

Rest on seventh day. Check ✓ box each day when routine has been completed.



BARBELL STRENGTH ROUTINE NO. 27

DETAILED TRAINING INSTRUCTIONS for "Knee Bending"

(WITH FEET FLAT)

CHART NO. 34 6th WEEK

STARTING POSITION

Rest barbell across shoulders. Stand erect with feet placed slightly apart. Position A

MUSCLE MOVEMENT

1. Slowly lower body into squat position, bending knees but keep feet flat on floor. Position B
2. Slowly rise to Starting Position A. Do not jerk up.

BREATHING TEMPO

1. Reverse the breathing tempo of previous routine. At Start A, inhale deeply.
2. Inhale on rising, expanding chest widely...ready to repeat.

TRAINING COMMENTS

You will find holding the body erect in this routine difficult. It is permissible to lean forward slightly to maintain balance.

RECOMMENDED BARBELL WEIGHT 42½ LBS.

CHART No. 34 6 th WEEK

PROFESSIONAL

MUSCLE-BUILDING BARBELL SYSTEM

PHOTO INSTRUCTOR CHART No.35

6 th week

RECOMMENDED BARBELL WEIGHT
42½ LBS.



CHART NO. 35 6th WEEK

A.

STARTING POSITION

USING BACK, LEGS & ARMS SNAP WEIGHT UP...INHALE.



DEMONSTRATED BY
CARMINE SIGNORE

B.

SPLIT MID POSITION

STOP HERE...HOLD WEIGHT EXPAND CHEST...LOWER SLOWLY.. EXHALE.



C.

SNATCH POSITION

FINISH OF SNATCH
is *not* to be tried
in this week's session.

CHART No. 35
6 th WEEK

TRAINING SCHEDULE

1st Day, five times ☐ 4th Day, eleven times ☐
2nd Day, seven times ☐ 5th Day, fourteen times ☐
3rd Day, nine times ☐ 6th Day, sixteen times ☐
Rest on seventh day. Check ✓ box each day when routine has been completed.

BARBELL STRENGTH ROUTINE NO. 28

DETAILED TRAINING INSTRUCTIONS *for* "TWO HANDS SNATCH"

CHART
NO. 35
6th WEEK

STARTING POSITION

Stand with feet well under bar, about 8 to 10 inches apart. Stoop over, grasping bar firmly with both hands, slightly more than shoulder width apart.

MUSCLE MOVEMENT

1. Lifting with legs and back doing the work...quickly bring weight up until it is about level with chest. One foot "splits" backward for balance.
2. SLOWLY lower weight to floor ready to repeat.

BREATHING TEMPO

1. As you bend over ready to snap weight up exhale slowly.
2. As weight is energetically snatched up, breathe in deeply.

TRAINING COMMENTS

This is not the movement of the "Two Hand Snatch" as used in weight lifting contests. It is a preliminary strength and agility training routine, preparing your body for the more difficult requirements of contest practice. The essential feature of this training routine is to acquire facility in making all the muscles coordinate as a team. Practice will train you to use the legs, back muscles, shoulders and arms in harmony. No special Anatomical Analysis is shown here, as almost every muscle group is brought into action. *FINISH OF SNATCH is NOT to be tried in this week's session.*

RECOMMENDED
BARBELL WEIGHT
42½ LBS.

PROFESSIONAL

MUSCLE-BUILDING BARBELL SYSTEM

PHOTO-INSTRUCTOR CHART No.36

6th week



STARTING POSITION A.

LOWER BODY SLOWLY...
INHALE DEEPLY
RAISE HEELS

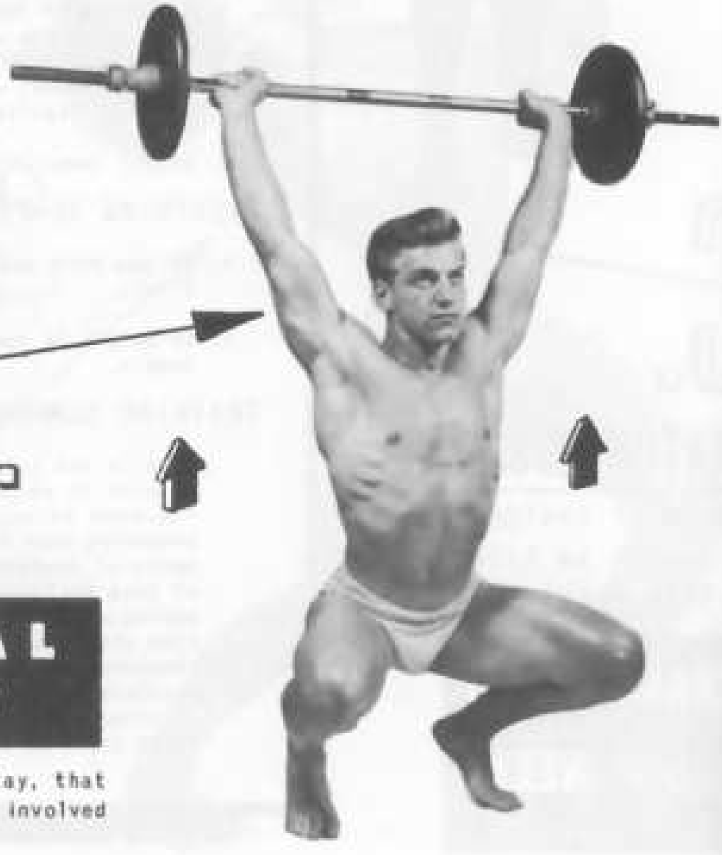
PRESS POSITION C.

EXPAND CHEST FULLY...
EXHALE WHILE LOWERING
WEIGHT TO SHOULDERS.

CHART
NO. 36
6th WEEK

SQUAT POSITION B.

KEEP WEIGHT OVERHEAD...
PAUSE, EXHALE...
RAISE BODY
INHALE
LOWER HEELS.



ANATOMICAL ANALYSIS

So many muscle groups are brought into play, that detailed anatomical analysis would be too involved to present in space available.



DEMONSTRATED BY
CARMINE SIGNORE

CHART No. 36
6th WEEK

TRAINING SCHEDULE

1st Day, nine times ☐ 4th Day, eight times ☐
2nd Day, ten times ☐ 5th Day, five times ☐
3rd Day, seven times ☐ 6th Day, six times ☐
Rest on seventh day. Check ✓ box each day when routine has been completed.

BARBELL STRENGTH ROUTINE NO. 29

DETAILED TRAINING INSTRUCTIONS for "COMBINATION PRESS & KNEE BEND"

CHART NO. 36 6th WEEK

STARTING POSITION

Balance barbell across shoulders, holding bar with knuckles pointed backwards. Position A

MUSCLE MOVEMENT

1. Slowly lower body by bending knees (heels raised). At same time press the weight to arm's length overhead. Position B
2. With the weight still held overhead rise to an erect position (lower heels). Position C
3. Lower barbell to shoulder again, ready to repeat.

BREATHING TEMPO

1. As body is lowered and weight pressed up, inhale deeply. At bottom of squat pause and exhale.
2. On rising inhale again, expanding chest widely.
3. Exhale as weight is lowered to shoulders, ready to repeat.

TRAINING COMMENTS

Time the movements of knee bending, pressing and breathing tempo so that they reach completion at the same time.

TRAINING SESSION No 7

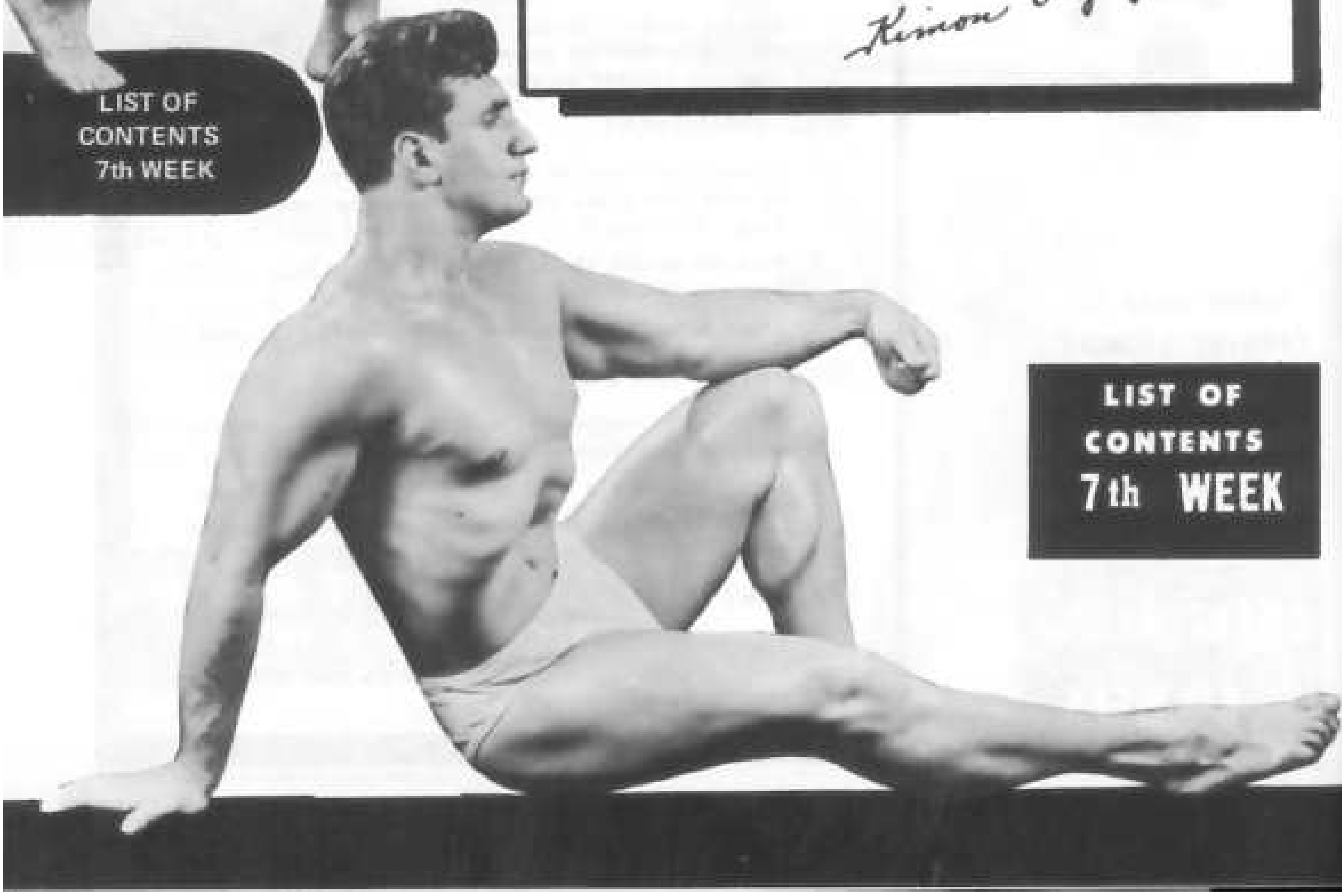


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CLASSICAL & ANATOMICAL POSES
by DEMONSTRATOR

Kimon Voyages

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JOE BONOMO

Professional

MUSCLE-BUILDING BARBELL SYSTEM

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HEADQUARTERS OF
STRONGMEN'S CLUB OF AMERICA

A Message from the Director

Joe Bonomo

1841 BROADWAY NEW YORK, N. Y. 10023

LETTER NO. 7 7th WEEK

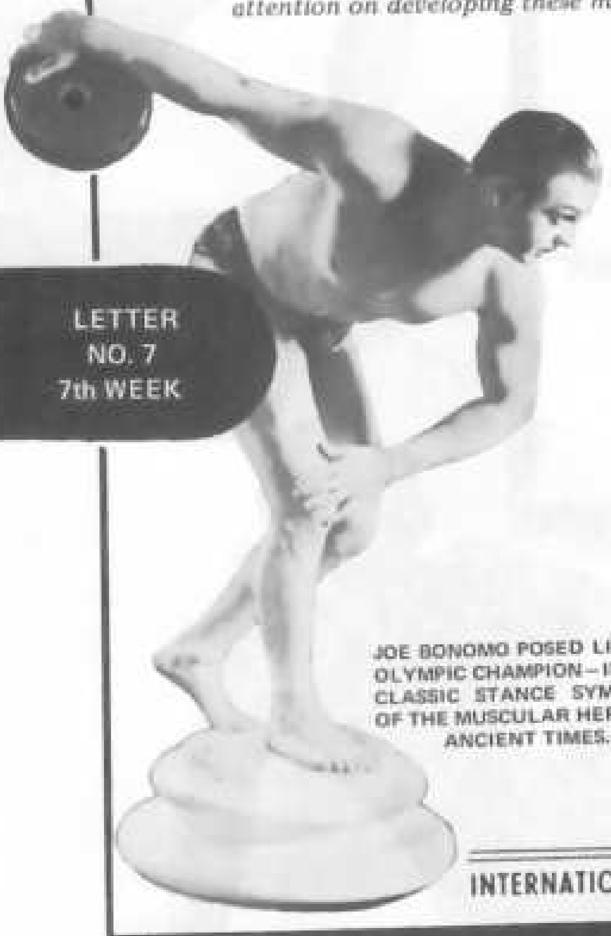
Dear Student;

Have you ever gone to a weight-lifting contest and been amazed, if not startled by the powerful looking men assembled there? These men look the perfect specimen of manhood, most of them are...all well developed, with bodies literally covered with rippling, bulging muscles. Yet, as the contest went along, perhaps you may have noted that when it came to actual strength and agility...it was not always the strongest, huskiest looking man who took the top prizes. Oftentimes you will find a smaller fellow... a man whose physical strength and stamina was not loudly advertised by gigantic muscles ...often, you will find such a less muscular endowed man achieving the top honors.

There can be many reasons for this. First and usually the most common, is that the heavier muscled men have been badly trained. They have concentrated too much attention on developing these muscles which show too easily...the biceps of the arm for instance. As a result, they can do some of the lifts amazingly superior, and yet fail to maintain all-around performance, because thay have failed to develop all the muscles of their bodies in balanced harmony. So the smaller man, the less muscular-looking man, the man whose muscles have been trained to work in perfect coordination; is often the winner when the total score is tabulated.

Another reason is that of correct timing, of making up for lack of pure physical power by technique. Study your anatomical analysis charts, learning the location and function of the various muscles. Practice isolating the action of each muscle by concentrating on muscle control...the action of flexing and extending each muscle by itself as much as possible. Such practice enables you to correct muscles to do each part of the lifts at the correct time.

Not only for lifts...but more important, for any physical action requiring strength, the ability to pull and push with the muscles which do the work is absolutely fundamental. For instance, you know that the triceps are normally less developed than the biceps. Why try to push an opponent away with the arms alone when so much more force can be exerted if you rein-



JOE BONOMO POSED LIKE AN OLYMPIC CHAMPION—IN THIS CLASSIC STANCE SYMBOLIC OF THE MUSCULAR HEROS OF ANCIENT TIMES.

INTERNATIONAL AUTHORITY ON HEALTH AND PHYSICAL DEVELOPMENT

Joe Bonomo...

• 1841 BROADWAY
• NEW YORK, N.Y. 10023

INTERNATIONAL AUTHORITY ON HEALTH AND PHYSICAL DEVELOPMENT

force the arm action by bending with the body, using all the abdominal muscles well? If you have to push forward with one arm, swing the other arm back, rotating the shoulder from the waist, so that the entire torque developed by the twisting movement is channelled into the arm...adding additional power and momentum!

And last, but not least...in fact I believe this is the most important secret of athletic prowess...is the application of a will-to-win, a powerful drive which comes from intense mental application to the job to be done.

Have you ever noticed how a surge of energy flows through you when you get angry? Or how quickly and suddenly you can move out of the way of a fast moving car on the street during an emergency? This is because nature has endowed you with a special gland to give you sudden doses of extra-energy to protect you in emergencies. This is the suprarenal gland, which pumps into the body a powerful astringent called adrenalin, giving you this super energy.

When you go at a job to be done with a will-to-win, with the attitude that it's a fight which you just cannot lose, your entire system becomes stimulated as if you were actually facing bodily danger in a more primitive time. As a result, the "emergency" gland goes to work...the surge of extra energy rushes through your muscles... making all the difference between defeat and victory.

It takes practice to develop the knack of calling on this gland for extra energy. It takes continuous training...with enthusiasm, spirit and a perpetual will-to-win attitude. Develop this approach to your barbell work, use it at work every time a tough job has to be done, whether mental or physical...you'll find you've acquired a new secret weapon to overcome all obstacles of life. It's yours to develop, to maintain and use to continued success and victory in every endeavor. You can learn to use it by practice.

This is the beginning of your seventh week. By the end of this week, you'll be at the three-quarter mark...which means that you'll be heading for the finish next week. During this week, make your workouts mean something. Add extra iron if the recommended weight seems too light. Also read over all the facts about nutrition supplied to you as this week's health lecture. Read everything thoroughly so you understand.

LETTER
NO. 7
7th WEEK

So, now you're ready to get into this great week of sensational routines. Okay then, get going!

Your friend and instructor,

Joe Bonomo



JOE BONOMO EASILY SUPPORTS SIX MEN. IN A SCENE FROM HIS STARRING MOTION PICTURE ..."THE GREAT CIRCUS MYSTERY".

QUESTIONS & ANSWERS



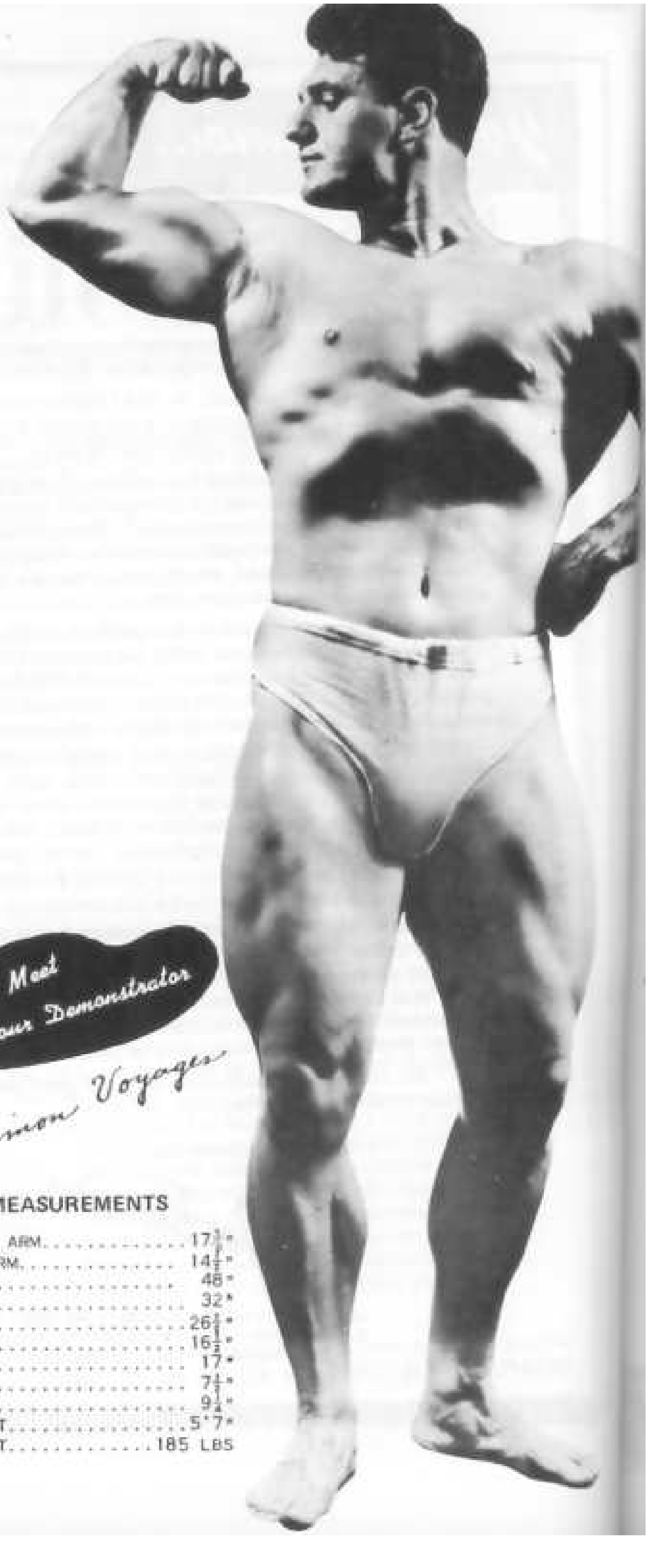
QUESTIONS & ANSWERS 7th WEEK

by Joe Bonomo

INTERNATIONAL AUTHORITY ON HEALTH AND PHYSICAL DEVELOPMENT

Meet Your Demonstrator

Kimon Voyages



MEASUREMENTS

UPPER ARM	17½"
FOREARM	14½"
CHEST	48"
WAIST	32"
THIGH	26½"
CALF	16½"
NECK	17"
WRIST	7¼"
ANKLE	9¼"
HEIGHT	5'7"
WEIGHT	185 LBS

QUESTION: What are these sicknesses of the body which prevent nutrients from being absorbed by the body? ANSWER: They are numerous in number ...*diabetes, obesity, gout, rickets, scurvy, pellegra* and other deficiency diseases. QUESTION: Are there any "home" cures for these ailments? ANSWER: No one should ever attempt a "home" cure, a quack remedy or patent medicine for sickness. At least once each year, every person is strongly urged to have a thorough physical inspection by their doctor. This is a primary rule for good health. QUESTION: What is diabetes? ANSWER: Diabetes is a disorder of the process of sugar and starch nutrition. The principle symptoms of diabetes are emaciation and increased flow of urine.

In normal nutrition, the starches and sugars are converted by the digestive juices into glucose...a simple form of sugar. This is carried to the liver, converted again into a form of animal starch and stored there. When a muscle needs energy to contract, the liver supplies this energy from the stored starch in the form of glyocen, which the muscle turns back to glucose. In the muscle the glucose combines with the oxygen--and aided with insulin from the pancreas is able to produce energy. In the diabetic person, the insulin does not come from the pancreas--the glucose fails to burn and accumulates in the blood. The kidney picks up this excess from the blood and removes from the blood enough fluid to dissolve it in the urine.

QUESTION: What is obesity? ANSWER: Obesity is the technical name for *excessive* fat. This may arise from several causes, usually due to an inefficiency of the ductless glands. People who have that unusual fatness, over and above that which comes from physical laziness and over-eating should see a doctor before attempting any strenuous exercises or reducing program through diet combined with exercise. QUESTION: What are the other nutritional diseases. ANSWER: Gout is a disease connected with the assimilation of proteins. It shows itself by severe pains in the toes and fingers. It is more of a European disease than American.

Rickets is a bone ailment due to lack of Vitamin D and sunshine. It occurs mostly in children. Sunshine alone is a miraculous cure for rickets-indicating that sunshine has beneficial effects on the human body. *Scurvy, pellegra* and other deficiency diseases can usually be traced to faulty diet, and may be avoided by a varied diet of healthy, natural foods.

QUESTIONS & ANSWERS 7th WEEK

Memo from J.B.

Have a regular medical check-up once a year - eat healthy natural foods - exercise regularly - and build a bulwark against nutritional ailments.

NUTRITION is the science of nourishing the body properly, providing adequately for its growth, maintenance and repair. There are two main factors in nutrition - food and what the body does with it. Failure of the body to properly assimilate foods leads to various forms of sickness - and anything which will aid the body digest the Nutrients using them to advantage is something to be held at the highest value in life. We know how carefully planned physical exercise aids all the body functions, including digestion of nutrients. However, unfortunately, there are people whose body facilities are not in correct order - people who cannot be aided by these training routines to any high degree. Fortunately these people, in comparison to our total population, are few in *number*.

QUESTIONS & ANSWERS 7th WEEK

About NUTRITION

You have already gained important information about the vital story of digestion. You have also learned vital facts about how your body assimilates food, turning it into body tissue...or into energy to keep the body functioning along with the supply of energy to keep the body moving. Now, it is the purpose of this Health Lecture to present the story about food itself. You will learn the difference in the basic types of food...and what kind of food is required to supply the body-engine so that it can function to the highest degree of physical and mental efficiency. A thorough understanding of the various types of food...those for producing muscle tissue...or those for producing maximum energy...is as important to the student of muscular development...as the facts about high octane gasoline and tensile strength of metals is to the designer of a super-sonic plane. The most convenient way to study the different foods is to group them together into the action of their chemical ingredients...and their action in the body process.

There are six kinds of chemical ingredients in foodstuffs.....*Carbohydrates, Fats, Proteins, Water, Inorganic Salts* and *Vitamins.* These substances furnish energy to the body, build tissue, or regulate the many and varied body processes.

Carbohydrates are the sugar and starches found in our food. *Fats* are the greasy substances that are, in their purer form, the various food oils along with butter or oleomargarine. *Proteins* are found in meats, fish and eggs...in fact, egg whites consist mostly of protein. *Inorganic Salts* (mineral salts) are most suitably obtained from fruits and vegetables. *Vitamins* are the substances other than the foregoing...which are absolutely essential for growth and the maintainance of vibrant health, as they regulate the internal glands of the body.

The first three.....*carbohydrates, fats* and *proteins,* furnish energy and tissue building material. The *carbohydrates* are the best source of heat and energy. The *proteins* are chemically identical with your body tissues and are the only source of material to use in periods of growth and for tissue replacement such as occurs in muscle development stimulated by physical exercise. The *fats* are bifunctional...sometimes used as fuel for warmth and sometimes deposited as tissue. Thus, fat tissue can act as stored energy...and can come out of hiding when the body needs fuel and has no other place to go to get this energy.

The other three, *Inorganic Salts, Vitamins & Water,* perform varied services to the human body.

Inorganic Salts have several functions. Some enter into the composition of tissues: *Calcium* and *Phosphorus* help build the chemical structure of the bones; *Iron* is needed by the blood. So, these *Inorganic Salts* are important factors and perform a myriad of tasks...maintaining the *Acid Base* or the *Neutral Balance* of the body. Their chemical interactions are the basis of many other functions...aiding the *Tone* and *Contractions* of the muscles, including the regular contractions of heart muscles.

The *Vitamins* also have specialized duties to perform. When any of the *vitamins* are lacking in the diet, certain specific functions are affected. Sometimes diseases occur, these being referrd to as *"deficiency diseases"*...brought about simply by the lack of one or more vitamins. The absence of *Vitamin A* results in retarded growth and increased susceptibility to infection. Lack of *Vitamin B* results in a degeneration of the nerves. Insufficiency of *Vitamin C* can cause scurvy. *Vitamin D,* when removed from the diet, causes bone trouble that is referred to as rickets. *Vitamin E* affects, to some extent, the virility of the sex organs.

Exactly how vitamins act is not as yet fully understood by medical science, but, because they activate so many vital processes, they are named *vitamins.*

Water is more necessary to the body than anything else except air. If life is to function properly, it must be supplied regularly with *water. Water* enters into all body tissues and is part of all the body

HOW TO SELECT THE CORRECT FOOD FOR INCREASING MUSCULAR STRENGTH & PHYSICAL ENERGY

fluids. Water, in the urine, carries away many waste products...and, when you perspire, the water that comes out of your pores, in the form of sweat, aids in maintaining a uniform body temperature.

Since your body is never completely at rest, it is necessary to have energy foods in your diet. When you are completely relaxed, a portion of this energy is used to maintain the action of breathing, for circulation and also digestion. But, an even larger amount of energy is used in maintaining the *tone* of the muscles.

This renewal of muscle tissue and removal of waste products goes on in the muscles even while you are asleep. It is constant 24 hours per day.

These strength-building activities usually function most after periods of exercise or strenuous work. Thus, your body must be liberally supplied with nutrients.....*Vitamins, Mineral Salts* and *Water*.....in order to build new muscle tissue, together with energy foods, *proteins* and *fats* to aid the body to convert all the building materials into sturdy tissue.

Whenever work is done...such as wrestling, playing tennis, track running, football, boxing or weight-lifting...energy is used up in proportion to the amount of work accomplished. As a result, each individual has different nutrient requirements based on the amount of physical work performed each day. You must work out your diet to suit your individual requirements, supplying the body with both energy fuel and the proper building materials.

With this Health Lecture, you will find conveniently listed the natural sources of the basic chemicals required by the body. From these, you can work out your daily menus...taking care that each day something has been added, not neglecting the vitamins. Plan to cover the basic list of chemicals each week.

Remember, a balanced diet is necessary, combining all the essential nutrients. During training periods, supply your blood with tissue-building foods. And, before a contest that requires abundant energy, your diet should swing to a predominance of high energy foods for quick starting and heavy lifting.

Vary the amount of food you eat each day for awhile and see how much [or how little] you actually need for functioning most efficiently.

Whatever you do, try not to become a "faddist" or a "worrier" about your diet. Do not become too scientific. Just vary the foods each day. Your digestive system is an amazing machine. Through it goes all kinds of foods each day which are utilized by the body. Almost anything put inside it can be put to use [except what is actually poisonous] and some nutrients removed. In general, if you keep away from super-rich foods that are empty in nutrients....what you eat will be good for you....provided that you exercise regularly to utilize this material. Let your appetite be your guide...for it is a sensitive barometer...a safe compass...to tell you when to eat, and when you've had enough. Do not go on a starvation diet...nor, do not overeat. Remember the old adage: "Better a little hungry, than overfed!" Don't overwork your digestive tract...and, do not neglect it. Work it, exercise it, use the energy it creates for you from nutrients, and you'll feel the urge of good spirits that goes hand-in-hand with healthy eating and scientific living. Good health is rich wealth!

On the next two pages [pages 140 & 141], you'll find information on either gaining or losing weight. If you are overweight or underweight, read over the part that applies to you...and then go about doing something to correct your weight condition.

You will discover, on pages 142 & 143, various charts that supply you with information on what your "Ideal Weight" should be...along with the "Daily Caloric Requirements" needed to maintain your weight. At the same time, you will be able to *see at a glance*, which foods contain which nutrients that we have talked about in this Health Lecture. Now, turn the page to more about Nutrition.



About NUTRITION

GAINING WEIGHT

HOW TO GAIN WEIGHT SAFELY

A layer of flesh and muscle covering the frame is necessary for good looks, health and your general well-being. When a person's weight falls below 15% to 20% of average, there is a sharp drop in energy and alertness.



Underweight, as a hereditary, glandular or nervous condition, has been grossly exaggerated. Any condition which depresses the appetite is liable to cause underweight. Loss of sleep, improper living habits, fatigue or over-activity . . . or such psychological factors as worry or mental strain may exert a baneful influence on your body weight.



DON'T RUSH YOUR EATING

While a condition of underweight may be a symptom of disease, it is not necessarily so. By far, the most common cause of underweight is dietary. You may be burning energy faster than your food supplies it . . . and your body consumes the difference from itself. Therefore, the secret of gaining weight is not only to eat enough food to supply your daily energy requirements . . . but to eat enough to store a reserve for energy . . . when you may need it. It's like putting money in the bank. If you deposit more than you withdraw, you're on the road to wealth. And if you eat more than you need when you are underweight, you're on the road to health.

HEALTH LECTURE 7th WEEK

To gain weight and build a strong, healthy body, you must follow a definite plan of eating and living.



AVOID FATIGUE

FIRST: Check with your family physician to be sure that the underweight is not caused by a glandular or nervous condition.

SECOND: Avoid fatigue like a plague. The body poisons, that result from over-tiredness, dull the appetite and the ability of the body to use food. Sleep eight to ten hours a night and take a short rest or nap during the day.

THIRD: At mealtime, avoid hurried eating and any kind of stress or strain. Concentrate on substantial meals, particularly, and learn to like FATTENING foods. Eat at regular hours . . . and enjoy a mid-morning, mid-afternoon and bedtime snack. If you are like Jack Spratt who would eat no fat, now is the time for a turn-about. Make a conscientious effort to like those foods that are high in caloric count.

FOURTH: It is wise to know something about the basic food requirements of your body: the vitamins and minerals that give you health; the proteins that promote your growth and repair worn tissue; and the carbohydrates and fats which supply your body with heat, energy and reserve fuel power. You should know something about calories, too, the amount you must consume per day based on your weight, height, and activity.



CHECK WITH YOUR DOCTOR



KNOW WHAT YOU'RE EATING

HOW TO SELECT THE CORRECT FOOD FOR INCREASING MUSCULAR STRENGTH & PHYSICAL ENERGY



LOSING WEIGHT

HOW TO LOSE WEIGHT SAFELY



In a highly competitive world, your appearance may make the difference between success and failure. The man who carries around excess weight, has three strikes against him. Employers are inclined to think that the stout body is a sign of sluggishness. You owe it to yourself to discover the right method of living, the method which will result in a body that is dynamic, strong, resilient, full of energy and vitality.

Anybody who desires, may lose weight. There are only a very few cases, and those few are medical problems, where dieting along with exercise will not produce results. It is, therefore, always best to see your family doctor when going on any kind of reducing diet as a check. Weight depends on WHAT you eat . . . than on HOW MUCH you eat. Eat scientifically . . . and you will have the physique you desire.



STAY AWAY FROM FATTENING FOODS

However, a desire to lose weight quickly, without regard to feeding your body it's essential vitamins, minerals, carbohydrates, fats or proteins, may show up in the way you look and feel. Settling for a cup of black coffee for breakfast, and a sandwich for lunch, and hardly much more for dinner is not a healthy way to diet.

It isn't necessary to suffer the pangs of hunger while you are reducing. All you have to do is select foods which have lots of bulk, low in calorie content and high in vitamins and minerals.



COUNT YOUR FOOD CALORIES

HEALTH LECTURE 7th WEEK

The constructive way is to learn about calories, and to have a basic . . . even if simple . . . idea of nutrients that feed your hair, your skin, bones, and digestive system so that you may reduce scientifically.

Each unit of food has a caloric count. The caloric intake for each person is different. A young man of about 140 pounds, just moderately active, needs about 2,500 calories—but let him go into the north woods and chop trees, and he'll need approximately 3,500.



STUDY YOUR EATING HABITS

Start your meal with a fruit salad or broth. Then be careful of starchy potatoes or bread, go easy on these and if possible eliminate them altogether. Lean meat, fish or shell fish, and chicken have much fewer fattening calories than ham or pork. For desserts, instead of rich, high calorie pastries, cakes, puddings or candies . . . select fruits, such as oranges, grapefruit . . . peaches, pears, plums or strawberries (without cream, shortcake or sugar). Use saccharin in place of sugar in beverages.

Use a minimum of salt, and avoid salted butter. Avoid salted meats, pickles or foods with high salt content. Salt helps hold large quantities of water in the body. One teaspoonful of salt helps the body tissues hold about one pint of water.



WHEN YOU'VE HAD ENOUGH, SAY "NO"



About NUTRITION



WEIGHT CONTROL

Like An Auto, You Use Fuel

The human body is somewhat like an auto. To make it run, it must be supplied with certain fuel . . . FOOD! Healthy, normal operation of the body-machine requires a specific amount of food fuel . . . together with a balanced vitamin content. However, food-fuel is different from the gasoline-fuel . . . which keeps a mechanical motor running. Food not only supplies energy to perform muscular work . . . but also supplies heat to keep the body warm . . . as well as chemicals and materials to build up and repair body tissues, bones and vital organs. Like gasoline is measured in gallons, food fuel is measured in calories.



Unlike a gasoline tank . . . which overflows when too much fuel is pumped into it . . . your body has a tendency to store away excess fuel in the form of fat.

HEALTH LECTURE 7th WEEK

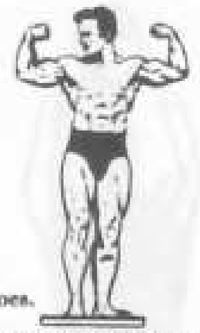
Types of Body Fuel

CARBOHYDRATES—are foods supplying immediate heat and energy. The most important examples are starches, sugar and alcohol.

FATS—serve as a reserve for heat and energy production. A reduction of carbohydrate foodstuff will force the body to withdraw on its fat reserve.

PROTEIN—is essential. It promotes body growth, repairs worn tissue, helps in the manufacture of gland secretions and digestive juices . . . and supplies chemicals used by the body to fight infectious diseases. Only protein can fulfill these tasks . . . making protein a "vital" and indispensable food.

IDEAL WEIGHT CHART



Ordinarily dressed, without topcoat and hat, but with shoes.

SHOWS MINIMUM TO MAXIMUM WEIGHTS

Height (with shoes)	Small Frame	Medium Frame	Large Frame
5' 3"	119-128	127-136	133-144
5' 4"	122-132	130-140	137-149
5' 5"	126-136	134-144	141-153
5' 6"	129-139	137-147	145-157
5' 7"	133-143	141-151	149-162
5' 8"	136-147	145-156	153-166
5' 9"	140-151	149-160	157-170
5' 10"	144-155	153-164	161-175
5' 11"	148-159	157-168	165-180
6' 0"	152-164	161-173	169-185
6' 1"	157-169	166-178	174-190
6' 2"	163-175	171-184	179-196
6' 3"	168-180	176-189	184-202

Reducing or Gaining

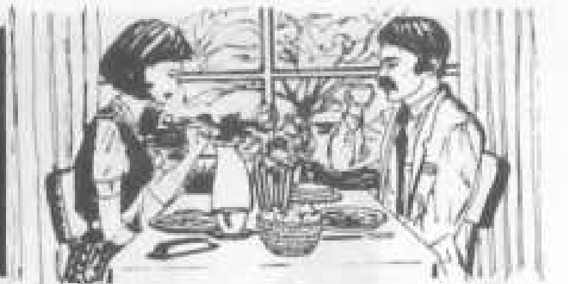
A reduction in weight is accomplished by cutting down on the caloric intake of your food 40% to 60% of body requirement. This means reducing your caloric intake from 500 to 1200 calories a day. Gaining in weight is accomplished in just the opposite manner.

DAILY CALORIC REQUIREMENTS

IDEAL WEIGHT	SUSTAINING CALORIES	REDUCING CALORIES
125 to 129	2640	1940
130 to 134	2700	2000
135 to 139	2780	2080
140 to 144	2840	2140
145 to 149	2920	2220
150 to 154	3000	2300
155 to 159	3080	2380
160 to 164	3160	2460
165 to 169	3240	2540
170 to 174	3320	2620
175 to 179	3420	2720
180 and Over	3550	2830

BODY BUILDERS

HOW TO SELECT THE CORRECT FOOD FOR INCREASING MUSCULAR STRENGTH & PHYSICAL ENERGY



CARBOHYDRATES

FOODS RICH IN SUGAR

SUGAR—White, Granulated, Brown and Maple • HONEY • SYRUP, Maple • MOLASSES, Cane • CANDY • MARMALADE, Orange • DATES, Dried, edible portion • FIGS, RAISINS, Dried, edible portion • FIGS, dried • COCOA • CHOCOLATE • FRUITS • edible portion—Grapes, Bananas, Plums, Prunes, Apples, Apricots, Blueberries, Cherries, Currants, Pears, Raspberries, Blackberries, Cranberries, Grapefruit, Lemons, Oranges, Peaches, Pineapples, Strawberries.

FOODS RICH IN STARCH

STARCHES—Arrowroot, Cornstarch, Tapioca • FLOURS—Barley, Corn, Rye, Wheat, Oat • RICE—Dry and boiled • OAT-MEAL—Dry and cooked • WHEAT BREAKFAST FOODS—Dry Cracked Wheat, Farina, Shredded Wheat • MACARONI • SPAGHETTI • VERMICELLI • BREADS—Corn, Rye, Wheat • CRACKERS • CAKES • COOKIES • DOUGHNUTS • MACAROONS • PIES • PUDDINGS • POTATOES • BEANS.

PROTEINS

ANIMAL SOURCES

DRY GELATIN • CHEESE—American, Swiss, Roquefort, Soft Cottage, Soft Neufchatel • FLESH FOODS—Meats, Beef, Porterhouse Steak, Round, Ribs • VEAL • LAMB • MUTTON • PORK—Loin chops, Ham • ORGANS—Calf liver, Calf Kidneys, Beef Tongue, Beef Sweetbreads • POULTRY—Chicken, Fowls, Turkey, Goose • FISH—Fatty varieties, Lean varieties • CANNED SHELL-FISH—Shrimp, Lobsters, Crabs, Clams, Oysters • EGGS—Whole, uncooked • MILK—Condensed, Whole milk.

VEGETABLE SOURCES

NUTS—Butternuts, Peanuts, Almonds, Walnuts, Brazil nuts, Pecans • LEGUMES—Dried Lentils, Dried Peas, Dried Beans, Dried Cowpeas, Green Peas, Green Cowpeas, Beans—Butter, green, Lima-fresh, Baked-canned • COCOA • CHOCOLATE • CEREAL PRODUCTS—Uncooked Oatmeal, Uncooked Macaroni, Wheat breakfast foods • CRACKERS • BREAD.

FATS

ANIMAL SOURCES

BUTTER • OLEOMARGARINE • BACON • CHEESE—American, Full Cream • CREAM • EGGS—Whole, Uncooked, Yolks, Boiled • MEATS—Pork-sausage, Ham, Loin chops, Pork, Loin or shoulder, Ribs or Loin • BEEF—Ribs, Ham • LAMB—Shoulder • VEAL—Shoulder, Loin, Porterhouse Steak • POULTRY—Goose, Turkey and Duck • FISH—Canned Sardines, Goose-liver • Canned Tuna fish in oil, Canned Salmon, fresh Salmon, Butterfish, Smelt, Shad, Herring, Mackerel • DAIRY PRODUCTS—other than cream or cheese • EVAPORATED MILK • ICE CREAM

VEGETABLE SOURCES

VEGETABLE OILS—Olive, Cotton Seed, Peanut, Corn, Coconut, Palm nut, etc. • NUTS—Brazils, Pecans, Filberts, Walnuts, Butternuts, etc. • SEEDS—Sesame, Cotton • LEGUMES—Peanut, Soy Bean • CHOCOLATES • COCOA • FRUIT—Olive, Avocado, Alligator Pear • PASTRIES.

MINERAL SOURCES

VEGETABLES

SPINACH • CHARD • DANDELION GREENS • TURNIP • BEET TOPS • CABBAGE • BRUSSELS SPROUTS • LETTUCE • CAULIFLOWER • ASPARAGUS • CELERY • STRING BEANS • OKRA • WHITE POTATO • SWEET POTATO • CARROT • BEET • TURNIP • PARSNIP • RADISH • KOHL-RABI • ONION • TOMATO • EGG PLANT • SQUASH • CUCUMBER • DRIED BEANS • FRESH BEANS • DRIED PEAS • FRESH PEAS • DRY COWPEAS • DRY LENTILS • GREEN CORN.

FRUITS

APPLES • DRIED APRICOTS • FRESH APRICOTS • BANANAS • BLACKBERRIES • BLUEBERRIES • CANTALOUPE • CHERRIES • CRANBERRIES • DRIED CURRANTS • FRESH CURRANTS • DATES • DRIED FIGS • FRESH FIGS • GOOSEBERRIES • GRAPEFRUIT • GRAPES • LEMONS • LIMES • OLIVES • ORANGES • PEACHES • PEARS • PINEAPPLE • PLUMS • DRIED PRUNES • RAISINS • RASPBERRIES • RHUBARB • STRAWBERRIES • WATERMELON.

Picture Story of What Vitamins Do



B_6 VITAMIN GROUP (Pyridoxine) (Pyridoxal) (Pyridoxamine) (Pyridoxal Phosphate)—*found in meat, soybeans, wheat germ, cabbage, peanuts, bananas & liver.*
B_{12} VITAMIN (Cyanocobalamine)—*found in liver, fish, muscle meats, kidneys, milk, American & Swiss cheese.*

B_T VITAMIN (Carnitine)—*found in yeast, milk, liver.*

K VITAMIN (Menadione)—*best in green leafy vegetables.*

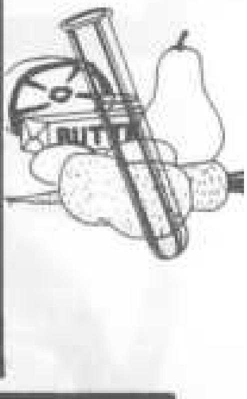
NIACIN (Nicotinic Acid)—*in milk, meat, eggs, corn.*

M VITAMIN GROUP (Folic Acid)—*found in deep green leafy vegetables & liver;* **(Pantothenic Acid)**—*found in liver, meat, milk;* **(Biotin)**—*found in organ meats, egg yolk, cauliflower, mushrooms, chocolate & peanuts.*

INOSITOL—*found in yeasts, fruits, plants & grains.*



HEALTH LECTURE 7th WEEK



THE ENERGY SUPPLIERS



JOE BONOMO

PROFESSIONAL

MUSCLE-BUILDING BARBELL SYSTEM

PHOTO INSTRUCTOR CHART No.37

7th week

B. SPLIT POSITION

ONE LEG FORWARD...
ONE LEG BACKWARD...
KNEES SLIGHTLY BENT
EXPAND CHEST
EXHALE DURING RETURN TO START.

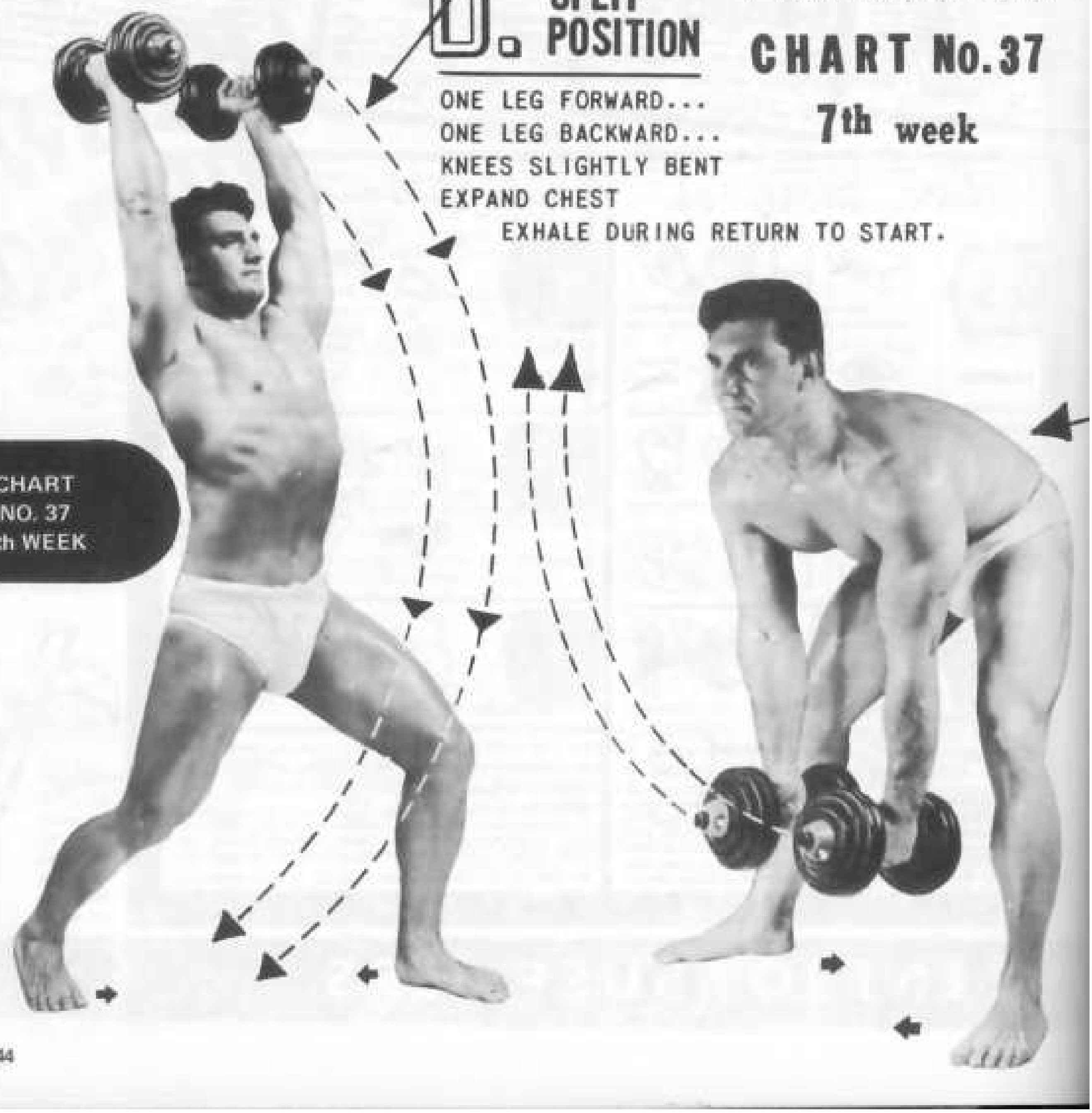


CHART
NO. 37
7th WEEK

RECOMMENDED DUMBBELL WEIGHT
10 TO 12½ LBS. EACH

DUMBBELL WARM-UP ROUTINE NO. 8

DETAILED TRAINING INSTRUCTIONS for "Two Dumbbell Swing and Split"

STARTING POSITION

Stand with legs about shoulder width apart. Take a dumbbell in each hand. Bend forward extending the bells back towards the legs. Position A

MUSCLE MOVEMENT

1. Quickly swing both dumbbells upwards, reaching high. At the same time, as weight reaches about chin height, quickly split the legs, one forward and the other back. The body is thus lowered a little, assisting in bringing the bells overhead. Position B
2. Lower the bells at the same time bringing the feet back to the Starting Position A.

BREATHING TEMPO

1. At Start A, exhale. As bells are swung up high, breathe in deeply.
2. On return, exhale...ready to repeat.

TRAINING COMMENTS

The purpose of this movement, beside acting as a warm-up routine, is to develop agility...quick action while using weights and applying force. Good coordination between up-swing, splits and breathing tempo should be practiced. When doing the splits, alternate leg movements...left leg forward first, then right leg forward.

CHART NO. 37 7th WEEK

DEMONSTRATED BY KIMON VOYAGES

A. STARTING POSITION

PRESS BACK WITH BELLS HARD...
EXHALE BEFORE UPSWING...
INHALE DURING UPSWING...

TRAINING SCHEDULE

1st Day, fifteen times ☐	4th Day, twelve times ☐
2nd Day, fourteen times ☐	5th Day, eleven times ☐
3rd Day, thirteen times ☐	6th Day, ten times ☐

Be sure to alternate leg movements. Rest on seventh day. Check ✓ box each day when routine has been completed.

CHART No. 37
7 th WEEK

PROFESSIONAL
MUSCLE-BUILDING BARBELL SYSTEM

PHOTO INSTRUCTOR CHART No. 38
7 th week



A. STARTING POSITION

INHALE...PRESS WEIGHT BACK



CHART NO. 38 7th WEEK

PRESS BACK POSITION B.

EXHALE READY TO INHALE DURING UPSWING



C. MID SWING POSITION

CONTINUE UPSWING WITHOUT PAUSE... CONTINUE TO INHALE

RECOMMENDED DUMBBELL WEIGHT
10½ TO 12 LBS.

DEMONSTRATED BY
KIMON VOYAGES



D.

FINAL POSITION

CHART No. 38
7th WEEK

DUMBBELL WARM-UP ROUTINE NO. 9

DETAILED TRAINING INSTRUCTIONS for "One Hand Dumbbell Continuous Swing"

STARTING POSITION

Hold heavy-weighted bell in right hand...resting weight on floor between feet. Position A

MUSCLE MOVEMENT

1. Press weight between legs. Position B
2. In one continuous movement, swing weight overhead -- pressing backwards as far as possible. Position D
3. As soon as weight has reached limit of upswing... without pause, swing down again to Position B.
4. Repeat from B without pause.

BREATHING TEMPO

1. Inhale at Start A.
2. Exhale when pressing back between legs.
3. Inhale during upswing.
4. Exhale when returning to Position B.

TRAINING COMMENTS

This upswing movement should be done with a rhythmic swing from start to finish without pause. The entire number of counts scheduled is done with each hand without stop.

CHART NO. 38 7th WEEK

TRAINING SCHEDULE

- 1st Day, ten times each hand ☐
- 2nd Day, eight times each hand ☐
- 3rd Day, six times each hand ☐
- 4th Day, eight times each hand ☐
- 5th Day, ten times each band ☐
- 6th Day, fifteen times each hand ☐

Rest on seventh day. Check ✓ box each day when routine has been completed.

PROFESSIONAL
MUSCLE-BUILDING BARBELL SYSTEM



A. STARTING POSITION

EXHALE AT START...
INHALE AS WEIGHT IS
SWUNG SHOULDER HIGH.



B. JERK POSITION

PAUSE AND EXHALE...
INHALE ON "JERK"
UPWARDS

CHART
NO. 39
7th WEEK

C. HIGH POSITION

PAUSE AND EXHALE...
INHALE ON RETURN TO SHOULDER...
PAUSE AND EXHALE...
INHALE ON RETURN TO FLOOR...
EXHALE READY TO REPEAT.

DEMONSTRATED BY
KIMON VOYAGES

RECOMMENDED
BARBELL WEIGHT
50 LBS.

ANATOMICAL ANALYSIS

Virtually every major muscle group is brought into coordinated play in this routine. Correct timing is important and comes with persistent practice.

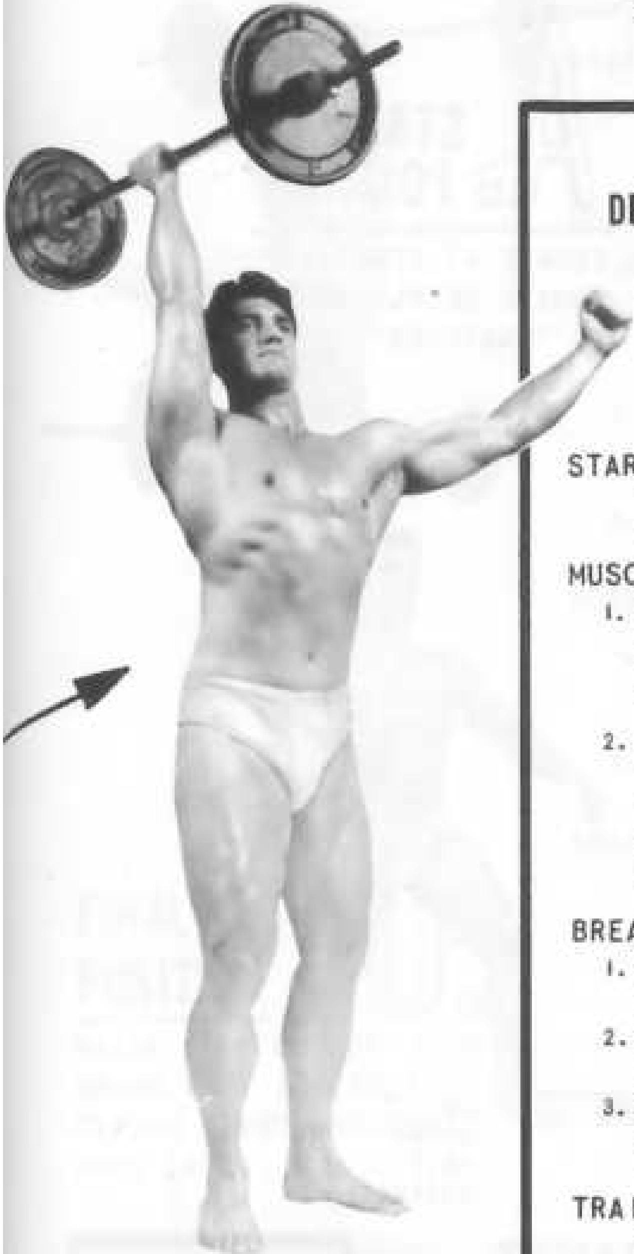
PHOTO INSTRUCTOR CHART No. 39

7th week

TRAINING SCHEDULE

1st Day, five times each hand alternately ☐
2nd Day, four times each hand alternately ☐
3rd Day, four times each hand alternately ☐
4th Day, three times each hand alternately ☐
5th Day, three times each hand alternately ☐
6th Day, three times each hand alternately ☐

Rest on seventh day. Check ✓ box each day when routine has been completed.



BARBELL STRENGTH ROUTINE NO. 30

DETAILED TRAINING INSTRUCTIONS for "One Hand Clean and Jerk"

STARTING POSITION

With barbell on floor in front of you reach down and grasp bar with right hand, palm to front. Position A

MUSCLE MOVEMENT

1. Using the body, arm and legs in one smooth coordinated movement, swing the barbell to shoulder height. As the weight comes up, "dip" the body slightly, swinging the arm beneath the bar. Position B
2. With the bar at the shoulder, bend the knees a few inches. With every ounce of energy you can command, straighten the legs; at the same time thrust the weight upwards. Position C

CHART NO. 39 7th WEEK

BREATHING TEMPO

1. Exhale at start. As weight is swung shoulder high, inhale deeply. Pause here and exhale.
2. As weight is "jerked" to arm's length overhead, breathe in deeply again. Pause and exhale.
3. Breathe in when returning weight to shoulder height. Exhale here. Breathe in on lowering weight to floor. Pause and exhale.

TRAINING COMMENTS

The secret of making this lift lies in the "explosive" energy you put into it during both movements. As you later increase the weight of the barbell, you will be forced to "dip" much lower in order to straighten the arm before the weight has time to start falling. This means that the jerk upwards from the shoulder is also done with the cooperation of the legs.

CHART No. 39 7th WEEK

DEMONSTRATED BY
KIMON VOYAGES

PROFESSIONAL
MUSCLE-BUILDING BARBELL SYSTEM



A. STARTING POSITION

EXHALE AT START... INHALE DEEPLY AS WEIGHT IS 'SNATCHED' UP.

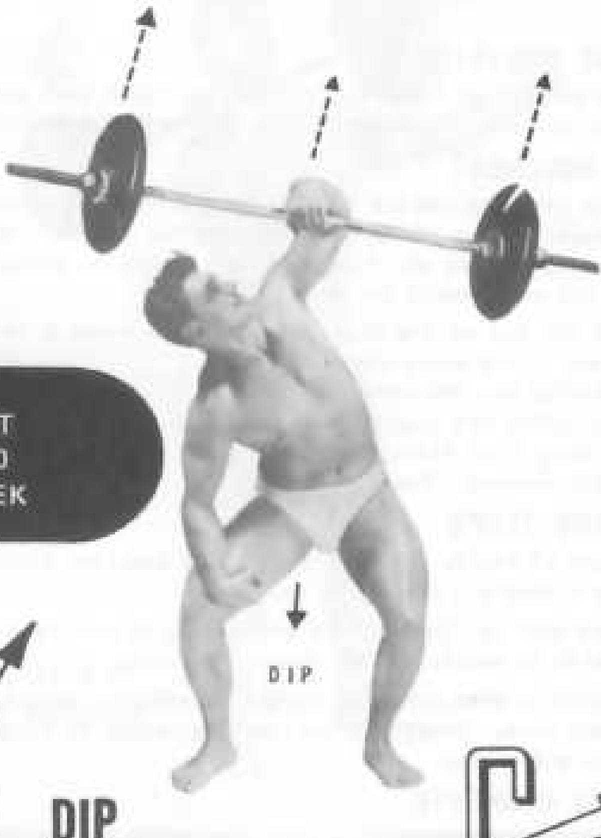
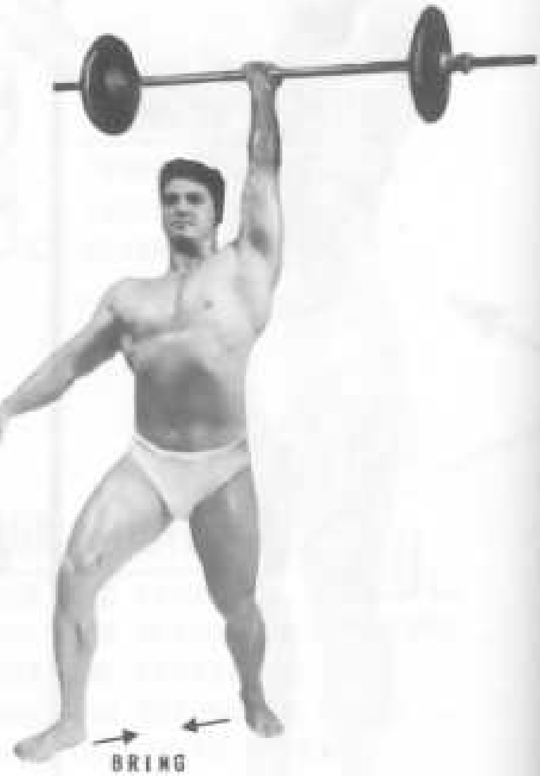


CHART NO. 40 7th WEEK

B. DIP POSITION

'DIP' BODY SWINGING ARM UNDER BAR... CONTINUE TO BREATHE IN.



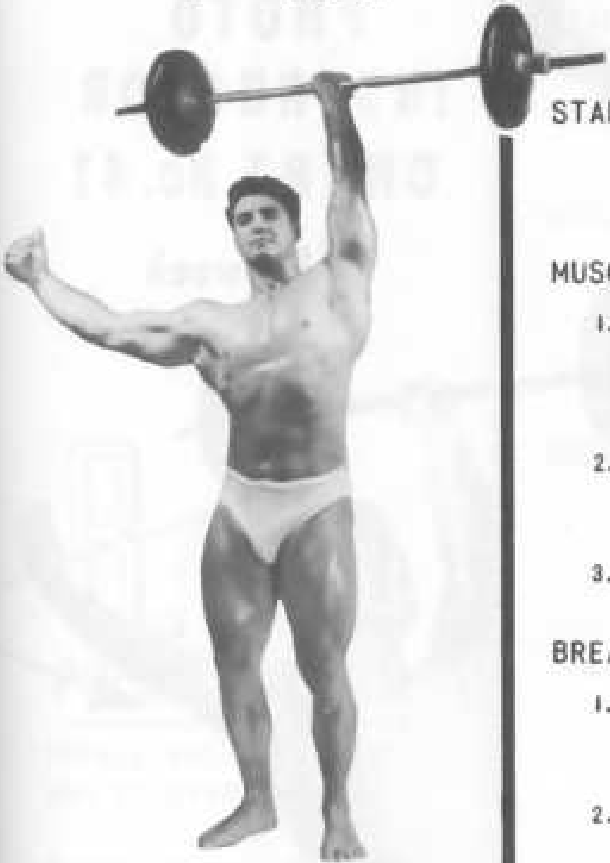
BRING FEET TOGETHER

C. STRAIGHT ARM POSITION

WORK RAISED ARM VERTICAL OVER SHOULDER... CONTINUE TO BREATHE IN.

RECOMMENDED BARBELL WEIGHT
50 LBS.

PHOTO INSTRUCTOR CHART No. 40
7th week



FINAL POSITION



RAISE BODY OUT OF 'DIP'
BRING FEET TOGETHER...
EXPAND CHEST, HOLDING
BODY ERECT.

CHART No. 40
7th WEEK

BARBELL STRENGTH ROUTINE NO. 31

DETAILED TRAINING INSTRUCTIONS for "One Hand Snatch"

STARTING POSITION

Lay barbell in front of you. Stoop to grasp bar in exact center with the left hand. Rest right hand on right thigh just above knee. Position A.

MUSCLE MOVEMENT

1. Pull the weight upwards. Use all the power at your command. As the weight starts slowing down, "dip" the body quickly, swinging your left hand under the bar. Position B.
2. Straighten your left hand. Position C. Then rise at once from the "dip" position and stand erect with weight straight overhead. Position D.
3. Slowly lower weight back to start. Repeat with right hand. (At first use two hands to lower weight).

BREATHING TEMPO

1. Exhale at Start A. As weight is snatched up inhale deeply. Continue to breathe in throughout the entire movement. Pause at peak of lift and exhale.
2. Inhale again while lowering weight to start. Exhale ready to repeat with other hand.

TRAINING COMMENTS

The chief factor is *speed.* Do not let the weight lose momentum once it has started to move up. The secret of efficiency here is to work the hand with weight vertically over your shoulder in the strongest position for support. Then rise at once.

CHART NO. 40 7th WEEK

TRAINING SCHEDULE

1st Day, six times in all ☐
2nd Day, six times in all ☐
3rd Day, eight times in all ☐
4th Day, eight times in all ☐
5th Day, ten times in all ☐
6th Day, ten times in all ☐

Rest on seventh day. Check ✓ box each day when routine has been completed.

PROFESSIONAL
MUSCLE-BUILDING BARBELL SYSTEM

PHOTO INSTRUCTOR CHART No. 41

7th week

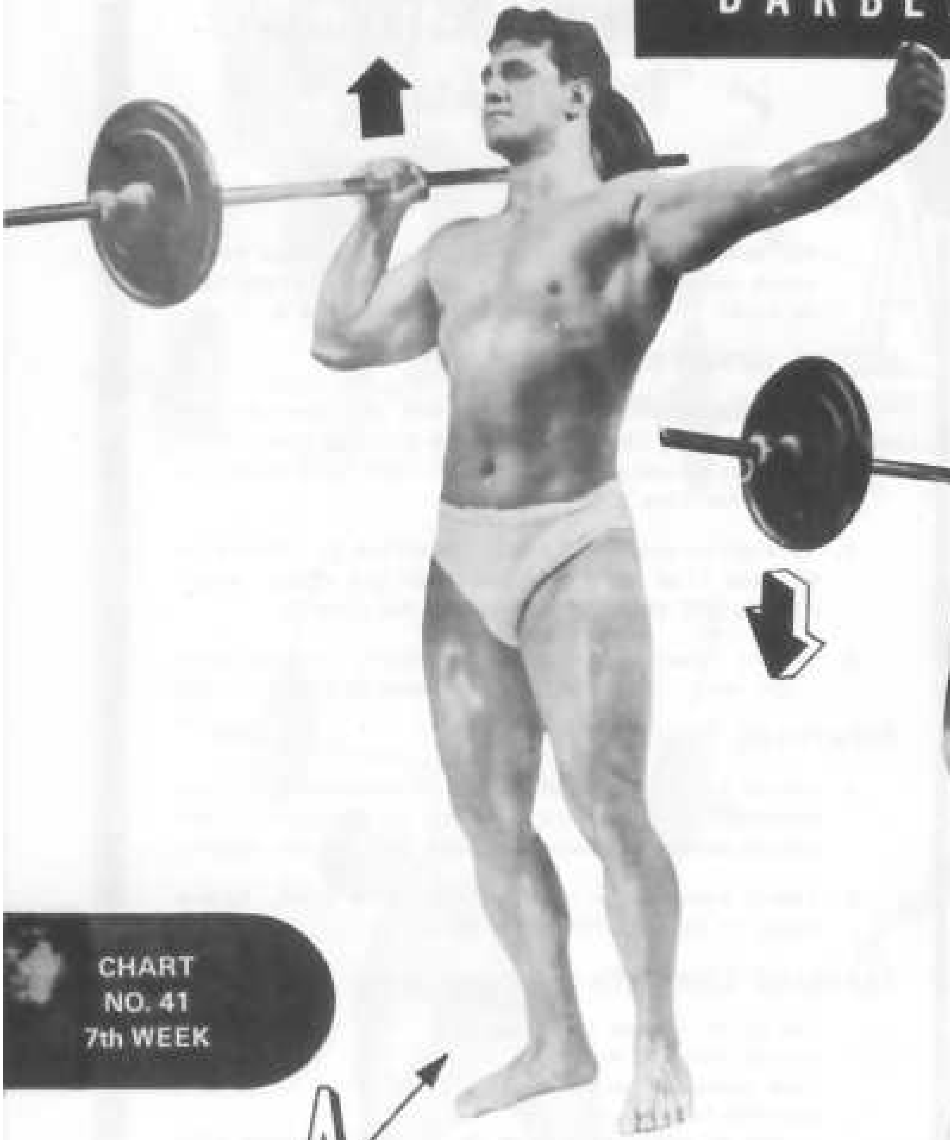




CHART
NO. 41
7th WEEK

A.

STARTING POSITION

BALANCE BARBELL CAREFULLY,
EXTEND UNWEIGHTED ARM...
EXHALE AT START...
PRESS UP SLOWLY...
INHALE DURING PRESS
PAUSE AND EXHALE.

RECOMMENDED BARBELL WEIGHT

50 LBS.

BARBELL STRENGTH ROUTINE NO. 32

DETAILED TRAINING INSTRUCTIONS for "One Hand Slow Press"

STARTING POSITION

Grasp the bar with right hand and swing it to the right shoulder, barbell axis from front to back. Stand with feet fairly close together; body erect, legs straight. Position A.

MUSCLE MOVEMENT

1. Hold the weight at shoulder level for a second or two, then SLOWLY...very slowly...press it to arm's length overhead. Pause at Position B.
2. Slowly lower weight back to Starting Position A. Pause...ready to repeat.

BREATHING TEMPO

1. Exhale at Start A. Inhale slowly as weight is pressed upwards. Exhale during pause.
2. Inhale again as weight is lowered. Exhale during pause, ready to repeat.

TRAINING COMMENTS

This routine should be done as slowly as possible. The movement is first done by the required number of counts with the right hand and then repeated with the left. Hold unweighted arm extended laterally at start to help maintain balance.

CHART NO. 41 7th WEEK

B. PRESS POSITION

INHALE WHEN LOWERING ARM TO STARTING POSITION... PAUSE AND EXHALE READY TO REPEAT.

DEMONSTRATED BY KIMON VOYAGES

TRAINING SCHEDULE

- 1st Day, five times each hand ☐
- 2nd Day, six times each hand ☐
- 3rd Day, seven times each hand ☐
- 4th Day, eight times each hand ☐
- 5th Day, nine times each hand ☐
- 6th Day, ten times each hand ☐

Rest on seventh day. Check ✓ box each day when routine has been completed.

CHART No. 41
7 th WEEK

DEMONSTRATED BY

KIMON VOYAGES

PROFESSIONAL
MUSCLE-BUILDING
BARBELL SYSTEM

PHOTO-INSTRUCTOR

CHART No. 42

7 th week

RECOMMENDED
BARBELL WEIGHT
80 TO 100 LBS.

CHART
NO. 42
7th WEEK



A. STARTING POSITION

EXHALE AT START...
LIFT WITH ENTIRE BODY...

CHART No. 42
7 th WEEK

INHALE DURING LIFT...
PAUSE AT TOP OF LIFT
EXHALE...
INHALE WHILE LOWERING.

B. LIFT POSITION

BARBELL STRENGTH ROUTINE NO. 33

DETAILED TRAINING INSTRUCTIONS for "One Hand Dead Lift"

STARTING POSITION

Space your feet at a comfortable distance apart... practice will aid you to judge which distance will enable you to use your strength to the best advantage. Stoop and grasp the bar in exact center.

MUSCLE MOVEMENT

1. Using all the muscles in your body... legs, thighs, shoulder and back...raise the weight until you are standing upright.
2. Slowly lower weight back to start. Repeat with other hand.

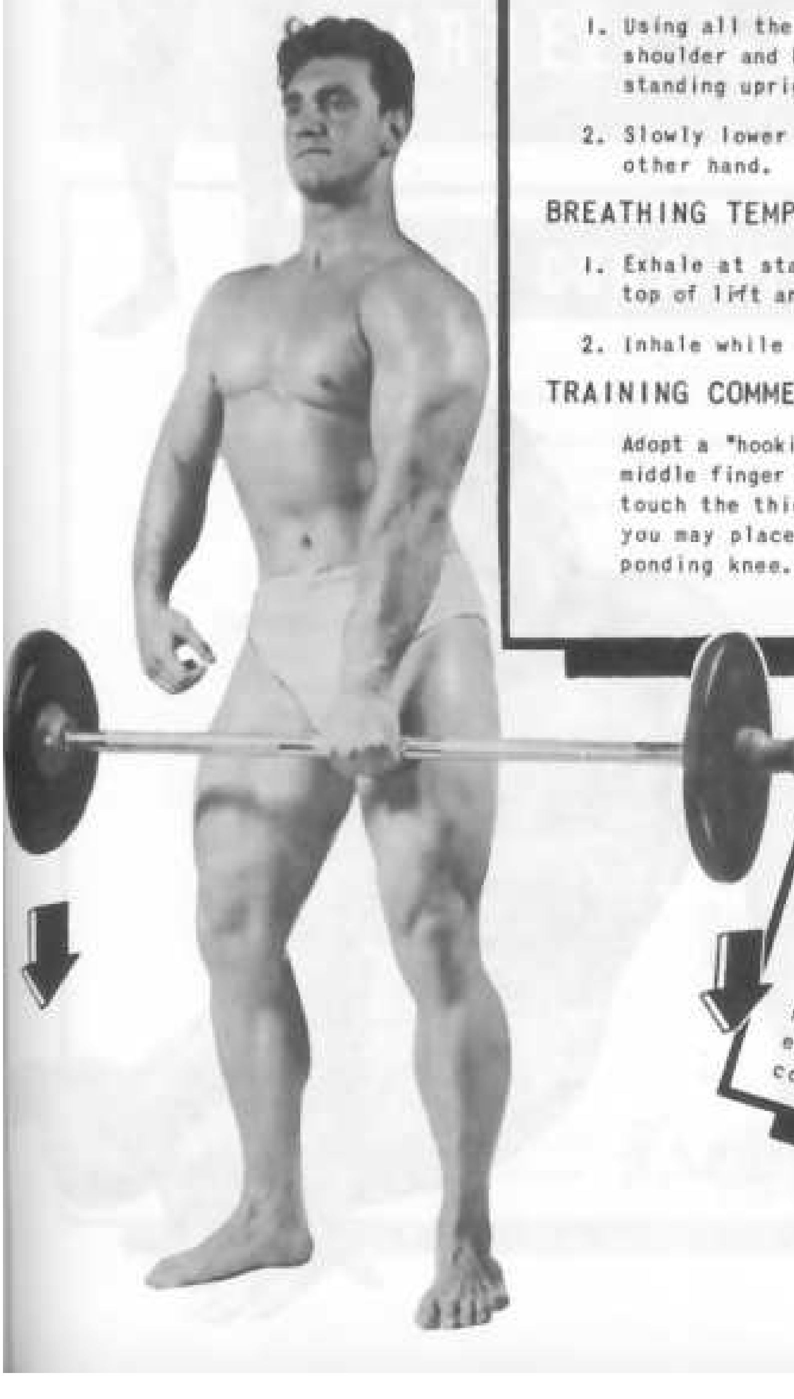
BREATHING TEMPO

1. Exhale at start. Inhale during lift. Pause at top of lift and exhale.
2. Inhale while lowering weight. Pause and exhale.

TRAINING COMMENTS

Adopt a "hooking" hold of the thumb, by wrapping the middle finger around the thumb. The bar should not touch the thighs until the lift is ended; however you may place the disengaged hand on the corresponding knee.

CHART
NO. 42
7th WEEK

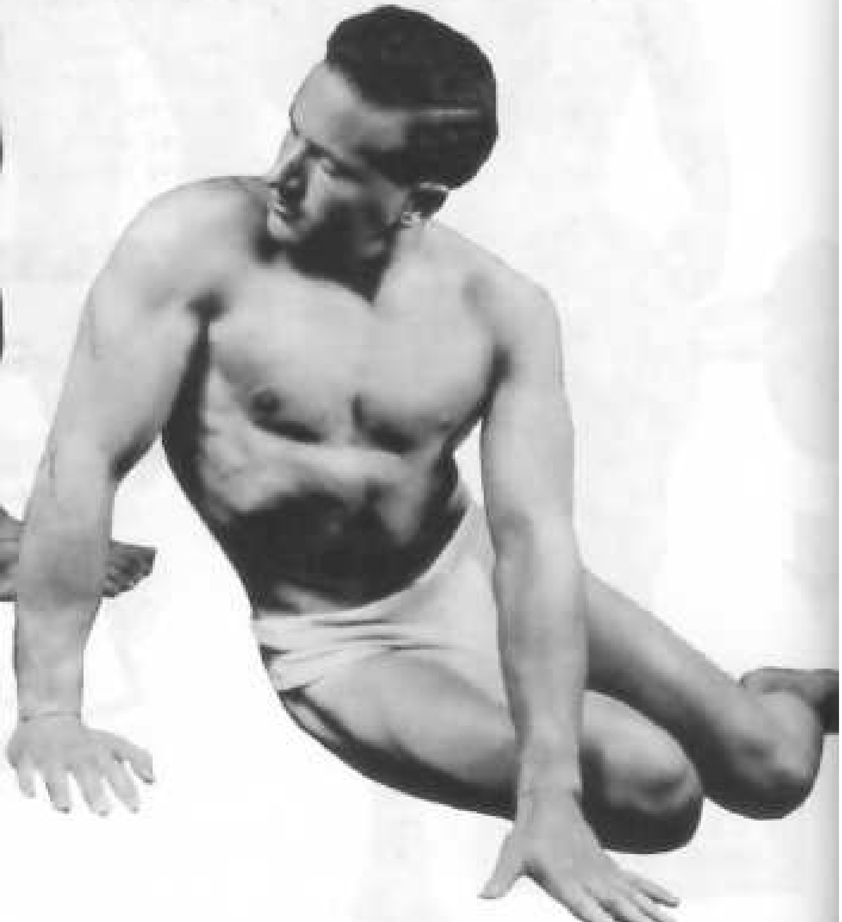


TRAINING SCHEDUL

1st Day, five times each hand ☐
2nd Day, seven times each hand ☐
3rd Day, nine times each hand ☐
4th Day, ten times each hand ☐
5th Day, eight times each hand ☐
6th Day, five times each hand ☐
Rest on seventh day. Check✓box each day when routine has been completed.







LIST OF CONTENTS 8th WEEK

TRAINING SESSION No. 8

JOE BONOMO

Professional

MUSCLE-BUILDING BARBELL SYSTEM

LIST OF CONTENTS

CLASSICAL & ANATOMICAL POSES by DEMONSTRATOR

LIST OF CONTENTS 8th WEEK

HEADQUARTERS OF
STRONGMEN'S CLUB
OF AMERICA

A Message from the Director

Joe Bonomo

1841 BROADWAY NEW YORK, N. Y. 10023

Dear Student;

I wish it were possible for us to meet and shake hands. Although I meet scores of my pupils, I often wish it were possible for me to get to know the thousands more who follow my courses by means of books I publish, and special courses I send to them by mail.

Here it is the eighth week of your muscle building program, and you are still going strong. Often I meet people who prove themselves to be "promise-giants" but end up puny weaklings. These fellows start off with a great burst of enthusiasm, usually accompanied by a lot of talk about what they are going to do...and they don't do it. It's a tremendous disappointment to me. But here you are with seven weeks hard work gone under the bridge, and ready for more. That's why I want to meet folks like you. You are the exception, not the rule. Men with will-power, with the ability to see things through... men of principle are few and far between. You are one of them, and although I actually know so little about you, I am proud to feel that such a person is one of my students...deeply and sincerely thrilled every time I think of men like you, following my teachings, building up their physical bodies and their mental character.



LETTER
NO. 8
8th WEEK

People who know me personally, know I have overcome many obstacles in life. I hate to brag, but I sense many of them also look to my record of achievement as a source of inspiration.

If at any time, you feel you're going to quit your training program, may I suggest you read my life story in the opening pages of this course. I sincerely feel, this reading will give you renewed courage to continue to the end.

Have you looked at yourself in the mirror lately? Strip off your clothes and take a good look. Tense your biceps and your abdominal muscles. Expand your chest to its fullest. Do not be ashamed of admiring the development of your own body. I'm sure, if you've been working faithfully and steadily, you should by now be well on the way to having a physique to admire...a body of rippling muscle. You should be proud of it because you've created it.

The sense of gratification, the feeling of accomplishment that comes to an artist, a great musician, a talented inventor, should also come to you. You have become a creator of something new, something vitally different...a body that's completely different from the one

INTERNATIONAL AUTHORITY ON HEALTH AND PHYSICAL DEVELOPMENT

Joe Bonomo...

• 1841 BROADWAY
• NEW YORK, N.Y. 10023

INTERNATIONAL AUTHORITY ON HEALTH AND PHYSICAL DEVELOPMENT

you started with...a more powerful body that is beginning to show rippling muscle. All of this has been accomplished by yourself because of your determination to improve the appearance of your body.

I can only give you scientifically balanced exercise routines...great ones that have worked in the past, for thousands of other fellows...and that you can see are working for you right now. Nothing in life that is worthwhile is easy to get...and that goes for a power-packed physique. When you are finished, you will find that many of your friends will admire your great accomplishment.

Most important of all, however, is you yourself. You not only look better...but you feel better. I am sure that in the past 7 weeks of workouts, you have not only increased your strength...but your stamina and vitality as well.

This week is an important week in your workouts because you are going to concentrate on neck, shoulder and back development as well as routine body-building lifts. You'll use your own judgement as to how much weight you're going to use for the "Neck Builder" routine. I can only recommend the 'average' poundage to use, and this amount may not be correct for you. If you were to take four fellows and start them out at the same time on my system, by the time this week's workouts were reached, each would be in a different condition of development, using different weights.

During this week, try to discover how much weight you should use. If you've put in great workouts, your muscle power is ready for a little additional weight. You are to be congratulated for the superb manner in which you have followed through in your daily workouts. On the other hand, if the weight being used is too little, and you are using less iron than recommended...you are behind and should try to catch up. Well now, you have only three more training sessions to go. These three remaining weeks are going to get even more strenuous...so try not to fall behind in this week's work. Anyway, that's enough for now. Let's get going! Ready? Okay, go to it right now!

Your friend and instructor,

Joe Bonomo



JOE BONOMO LIFTS A CAR COMPLETE WITH FOUR PASSENGERS, USING HIS LEGS, BODY & ARMS.

LETTER NO. 8 8th WEEK

AND HERE HE IS AGAIN IN A LIGHTER MOMENT, SWINGING A FULLY GROWN MAN UPWARDS FOR AN OVERHEAD HAND STAND.



QUESTIONS & ANSWERS

In this week's Muscle Health Lecture, you have gained an insight into the close relationship between the work done by the kidneys and the circulatory system. The impairment of the efficiency of one system obviously results in lowered efficiency of the other. Since the kidney is a living organ, doing work within the body; to maintain its own health and efficiency.

In this week's question and answer forum we will answer queries often made by students about kidney ailments.



QUESTIONS & ANSWERS 8th WEEK

by Joe Bonomo

INTERNATIONAL AUTHORITY ON HEALTH AND PHYSICAL DEVELOPMENT

QUESTION: What are the different types of kidney disease?

ANSWER: There are primarily two distinct types of kidney disease. The first is a type of kidney degeneration, in which a portion of the kidney structure is destroyed and replaced by scar tissue. This tissue lowers the ability of the kidney to excrete all the poisons of the blood. This ailment is called NEPHRITIS or Bright's disease. The second ailment is referred to as surgical kidney because of abscess, tuberculosis, stone or tumors.

QUESTION: Does a sick kidney interfere with normal blood circulation?

ANSWER: In nephritis...or cardio-nephritis disease, because it is linked with the blood stream...extra work has to be done by the heart in forcing the blood through the damaged kidney. This extra work damages the heart. In addition, there is actual poisoning of the heart and blood vessels by the poison which would be absorbed and passed to the bladder by the kidneys. The poisoned heart, now under extra strain by being forced to work harder, actually becomes weaker. This becomes a vicious circle. The weaker the heart becomes, the less it is able to force blood through the obstructed kidneys. Thus more poisons remain in the blood stream and a progressively dangerous cycle is set up.



QUESTION: What is the best way to avoid kidney ailments?

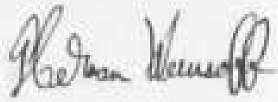
ANSWER: Considering how easily the human body can become disordered, and how difficult, if not impossible, to repair bodily derangements — the most important rule is to see a doctor at least once a year and have a thorough check up. Only fools or quacks would recommend that you should not use the wonderous scientific medical knowledge and equipment which every qualified doctor has today. Do not try trick diets such as going on a completely vegetarian diet — don't deprive your body of the basic chemicals needed. Vary your diet regularly—eat vegetables fresh and cooked ...fruits, eggs, meats, and drink fruit juices — not too cold. And above all, exercise regularly in fresh air. Oxygen is as important as any food. The exercise maintains a brisk circulation, the improved blood flow carries off the waste materials at a faster rate, virtually flushing the body systems. These rules are simple, yet so often neglected. So many people actually fail to drink sufficient water regularly.

Many ailments, such as digestive and kidney troubles are caused by charlatans placing the patients on special diets. This in itself should stress how vital food can be, healthy simple natural foods — and how dangerous food can be too...the rich, sugary cakes, the heavy spiced foods.

Good health is a matter of good living. Fresh air, exercise, proper food, and rest. Never tire the body to the point of exhaustion, by long late hours at night.

Surely you'll agree that this routine of personal discipline is not too difficult to maintain?

Meet Your Demonstrator



MEASUREMENTS	
UPPER ARM	$15\frac{1}{4}$"
FOREARM	$13\frac{1}{4}$"
CHEST	43"
WAIST	28"
THIGH	24"
CALF	$15\frac{1}{4}$"
NECK	16"
WRIST	$6\frac{3}{4}$"
ANKLE	9"
HEIGHT	5'6"
WEIGHT	168 LBS

Memo from J.B.

Don't be a "fadist" about special foods, a fanatic about fresh air, a nut carrying health rules to extremes--such people end up mentally sick, hypochondriacs, who require the services of a psychiatrist. Be *moderate* in all you do!



QUESTIONS & ANSWERS 8th WEEK

QUESTIONS & ANSWERS 8 th WEEK

the URINARY SYSTEM...

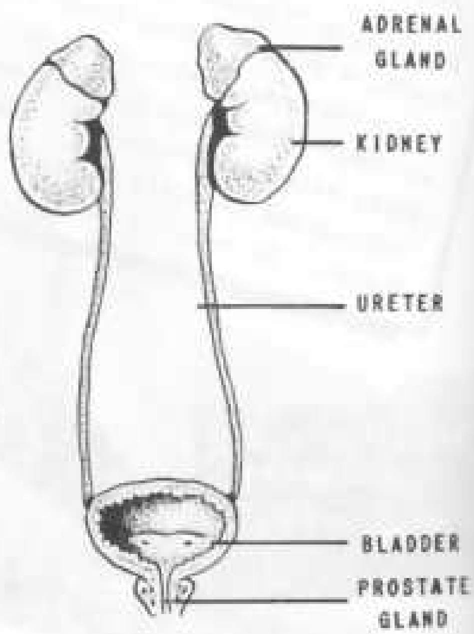
HOW IT REMOVES POISONOUS WASTE MATERIAL FROM YOUR BODY

In our previous Health Lectures we have discussed the digestive system and how it absorbs nutrients to deliver fuel for energy and materials with which the body builds her tissue. We have traced the process of the intricate machine within the human body, carefully studying how food is transformed into a state so that it can easily be absorbed by the body. We have also traced down the manner in which oxygen is absorbed by the blood. We have also analysed how both the nutrients and the oxygen arrive at the muscle tissue.

MUSCLE-DIAGRAM ILLUSTRATIONS
by DR. JOHN GILMORE

MEDICAL ILLUSTRATOR FOR AUTHORITATIVE MEDICAL JOURNALS AND SCIENTIFIC RESEARCH ORGANIZATIONS.

HEALTH LECTURE 8th WEEK



A proper selection of foods, varied to give balance of diet as explained in the previous lecture, regular exercise to aid proper elimination, lots of fresh air, regular sleep---and no excesses, either of food, tobacco or alcohol...these are the secrets of protecting and preserving the intricate mechanisms of your body. There are these secrets of good health, robust vitality - strength and vibrant energy.

This last process, the combination of the digested nutrients with the oxygen is the source of our energy. It is basically a burning process---and like any form of burning produces waste products. For example, when the gasoline in an automobile cylinder "explodes" or rather burns, the waste products are drawn off through the exhaust. An important part of any piece of machinery is the method by which *waste material are removed.* **The removal of waste is as necessary** to the human body as in any other piece of power producing machinery.

The waste products formed by the combustion of the nutrients must be thrown out because they are useless, some are poisonous and if accumulated, they would be in the way, choking the entire system.

These waste products are of different kinds. Many parts of the body remove them. We already know how the nondigestible residue of food is thrown out by the bowels. We also know how the lungs remove carbon dioxide from the blood stream. Finally, we are to learn about the kidneys which carry off water and soluble salts and other products of waste. This last means of ridding the body of these useless materials is one of the most important systems of the body. It is known as the URINARY SYSTEM.

During muscular exercise...when new tissue is being formed from the *protein nutrients* supplied to the body...wastes are formed. These waste materials are known as UREA, URIC ACID, CREATININE, and CREATIN. **It is the special function of the** urinary system to remove these wastes from the blood stream and remove them from the body in the form of urine. Thus the urinary system is exclusively an excretory system.

The system is made up of two KIDNEYS, each of which acts as a blood filter. The kidneys are the important organs of the system, the other parts serving as channels and a temporary storage for urine which is formed in the kidneys.

The function of the kidney is to filter out of the blood the excess water, and the waste products of nutrient combustion. The blood is flowing constantly through the kidneys, being filtered as it passes through them. The blood which enters the kidneys is brought into very close contact with the kidney cells. These cells extract the wastes to be removed. There are three streams of fluid always going through the kidneys---the impure blood flowing into the organs, the urine flowing out through the URETERS into the storage bladder, and the stream of pure blood flowing out of the kidneys into the general blood stream.

This process of urine secretion goes on constantly. The kidneys of normal healthy adult secrete about forty ounces of urine per day. This is stored in the bladder, which on becoming full, calls the conscious attention of the individual to the necessity of urinating. By pressing with the abdominal muscles on the bladder, you aid the bladder excrete the urine.

The structure of the kidneys is far too complicated to discuss here. What is necessary is to draw attention to these two wonderful blood-filters and the need of caring for them properly. They are extremely easy to harm by disease or poisons such as alcohol. Overeating and extremes of heat or cold are particularly to be avoided. Once damaged, the injury is irreparable.



HEALTH LECTURE No. 8
8th WEEK



JOE BONOMO

PROFESSIONAL
MUSCLE-BUILDING BARBELL SYSTEM

PHOTO-INSTRUCTOR CHART No.43

8th week



A. STARTING POSITION



B. ROTATION POSITION

CHART
NO. 43
8th WEEK



ANATOMICAL ANALYSIS

The neck is virtually surrounded with muscles which are often neglected in training routine. The principle of these and their action is listed here. STERNO-CLEIDO MASTOIDEUS...action: the muscle of one side acting alone turns the head to the opposite side and the face at the same time upward. The muscles of both sides acting together draw the head obliquely forward and downward. STERN-OHYOIDEUS...action: draws the hyoid bone downward.

DEMONSTRATED BY

HERMAN WEINSOFF



B.

ROTATE HEAD FROM SIDE TO SIDE...THEN BACK TO FRONT. INHALE DURING ROTATION...EXHALE WHEN AT FRONT.



C.

TILT HEAD BACKWARDS. INHALE DEEPLY.



D.

EXHALE READY TO REPEAT.

CHART No. 43
8th WEEK

SPECIAL EQUIPMENT ROUTINE NO. 1

DETAILED TRAINING INSTRUCTIONS for "Neck Builder"

STARTING POSITION

Adjust headstrap securely. Feet apart, body bent forward at waist so that weight is hanging freely. Position A.

MUSCLE MOVEMENT

1. Rotate head slowly form side to side and back to front. Position B.
2. Tilt head backwards. Position C.
3. Then lower head as far forwards as possible. Position D.

BREATHING TEMPO

1. Inhale as head is rotated. When head is returned to center, pause and exhale.
2. As head is tilted backwards, inhale.
3. Exhale when head is lowered forward.

TRAINING COMMENTS

Headstraps and attachments are sold at many sporting goods stores. Headstrap devices can also be made at home, but it is safer to use tested apparatus. Do not swing weight up suddenly, it may swing in, striking you on the groin. Hands and arms may be held here as a safe-guard for protection.

CHART NO. 43 8th WEEK

TRAINING SCHEDULE

1st Day, 7 times ☐	4th Day, 10 times ☐
2nd Day, 6 times ☐	5th Day, 9 times ☐
3rd Day, 5 times ☐	6th Day, 8 times ☐

Rest on seventh day. Check ✓ box each day when entire routine has been completed specified number of times.

PROFESSIONAL
MUSCLE-BUILDING BARBELL SYSTEM

PHOTO-INSTRUCTOR CHART No. 44
8 th week



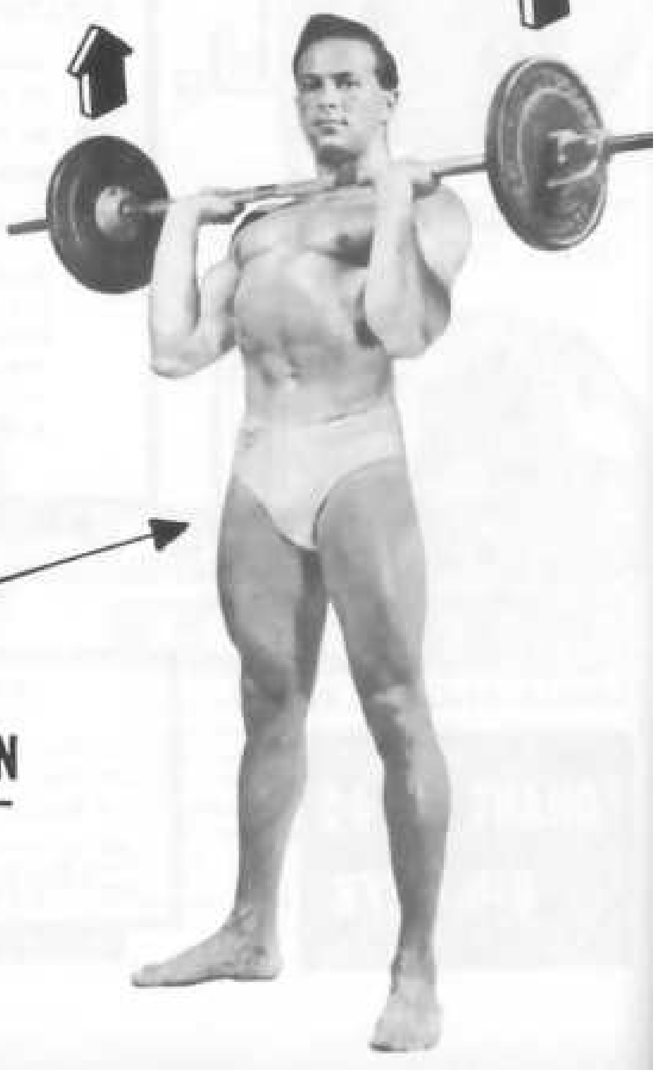
A. STARTING POSITION

EXHALE AT START...
RAISE WEIGHT TO
SHOULDER LEVEL...
INHALE DURING LIFT.

DEMONSTRATED BY
HERMAN WEINSOFF

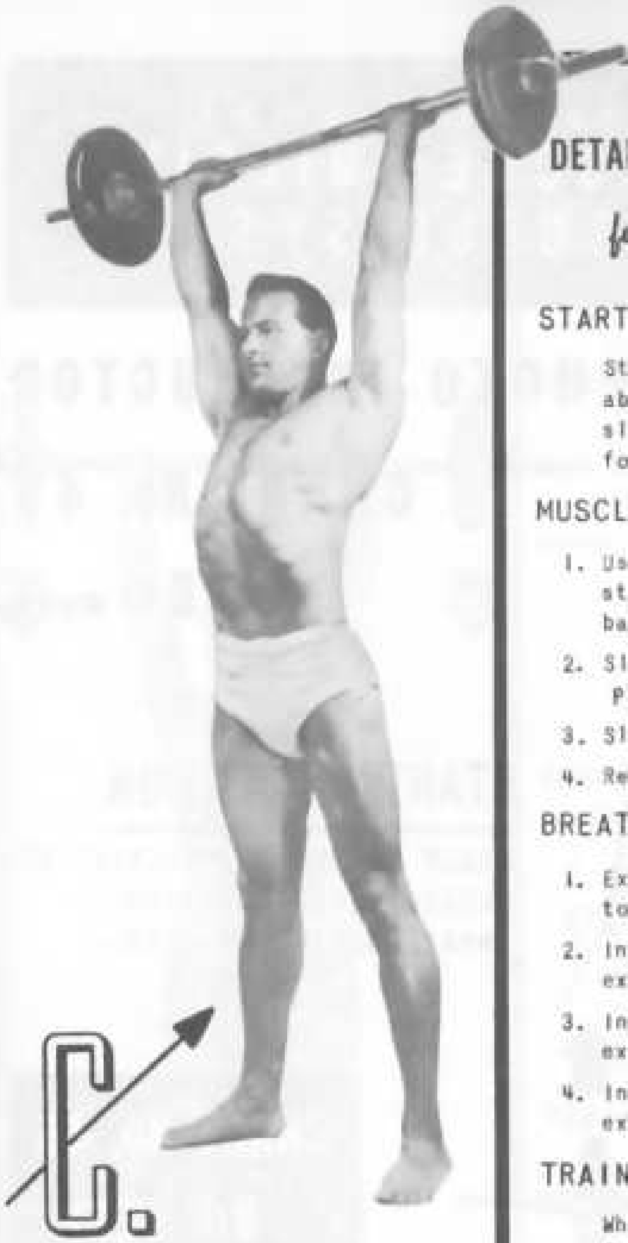
RECOMMENDED
BARBELL WEIGHT
50 LBS.

CHART
NO. 44
8th WEEK



B. PRESS POSITION

PAUSE AND EXHALE
BEFORE PRESS...
INHALE DEEPLY
DURING PRESS.



FINAL POSITION

PAUSE AND EXHALE AT TOP OF PRESS...

INHALE ON RETURN TO POSITION B...

PAUSE AND EXHALE AT B...

INHALE ON RETURN TO A..

EXHALE READY TO REPEAT.

CHART No. 44
8 th WEEK

BARBELL STRENGTH ROUTINE NO. 34

DETAILED TRAINING INSTRUCTIONS for "Two Hands Slow Press"

STARTING POSITION

Stand with feet at comfortable distance apart... about 16 inches. Stoop forward and grasp bar at slightly more than shoulder width apart...knuckles forward, palms down. Position A.

MUSCLE MOVEMENT

1. Using legs, back and arm, in one continuous non-stop movement, lift weight to shoulder height. Rest bar on chest. Position B.
2. Slowly press weight to arms length overhead. Position C.
3. Slowly lower weight to chest.
4. Return to Start A.

BREATHING TEMPO

1. Exhale at start. Inhale deeply as weight is raised to shoulder. Pause and exhale. Position B.
2. Inhale while pressing up. Expand chest. Pause and exhale. Position C.
3. Inhale when weight is lowered to chest. Pause and exhale.
4. Inhale as weight is returned to floor. Pause and exhale ready to repeat.

TRAINING COMMENTS

When grasping barbell, the head is held erect, eyes forward. Always press upwards and slightly backwards...not forward. When weight is resting on chest, trunk may tilt slightly backwards for balance. At conclusion of lift, trunk is held erect.

CHART NO. 44 8th WEEK

TRAINING SCHEDULE

1st Day, 10 times ☐ 4th Day, 8 times ☐
2nd Day, 9 times ☐ 5th Day, 10 times ☐
3rd Day, 8 times ☐ 6th Day, 15 times ☐
Rest on seventh day. Check ✓ box each day when routine has been completed.

PROFESSIONAL
MUSCLE-BUILDING BARBELL SYSTEM

PHOTO-INSTRUCTOR

CHART No. 45

8 th week



A. STARTING POSITION

GRASP BARBELL...KNUCKLES UP.
EXHALE BEFORE UP-JERK...
INHALE DURING UP-JERK...

CHART No. 45
8 th WEEK



CHART
NO. 45
8th WEEK

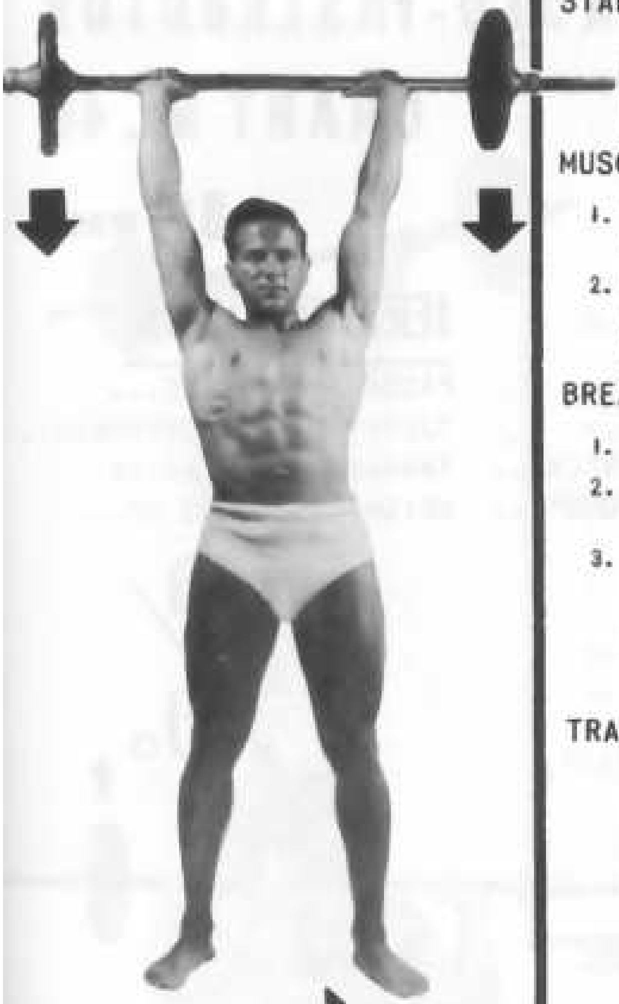
B. JERK POSITION

PAUSE AND EXHALE...
DIP BODY...JERK WEIGHT HIGH
WHILE STRAIGHTENING BODY...
INHALE DURING "JERK"...

RECOMMENDED BARBELL WEIGHT
50 LBS.

DEMONSTRATED BY

HERMAN WEINSOFF



BARBELL STRENGTH ROUTINE NO. 35

DETAILED TRAINING INSTRUCTIONS for "Two Hands Clean & Jerk"

STARTING POSITION

Stand with feet slightly apart. Bend over and grasp barbell slightly wider than shoulder-width apart. Knuckles are turned up, palms down. Position A.

MUSCLE MOVEMENT

1. Take the barbell from the floor to shoulders in one continuous movement. Pause. Position B.
2. Dip the body slightly, then straighten...at the same time straightening the arms...so that the weight is smartly "jerked" to arms length overhead. Position C.

BREATHING TEMPO

1. Exhale at start. Position A.
2. As barbell is swung to shoulder height, inhale deeply. Pause and exhale. Position B.
3. Inhale again as weight is "jerked" to arms length overhead. Position C. Pause and exhale. Inhale as weight is returned to shoulder level. Pause and exhale. Inhale when weight is returned to floor. Pause and exhale, ready to repeat.

TRAINING COMMENTS

When the bar is swung to shoulder height, it must be kept clear of the body until it comes to rest at shoulder height. However, elbows may be rested on the body prior to jerking the weight overhead. Bend the legs slightly, just before the "jerk" and then re-straighten them with vigor. This will help propel the weight upwards. In other words...while the weight is still going up, "dip" quickly to maneuver the arms beneath the bar before the weight has a chance to start coming down.

CHART NO. 45 8th WEEK

HIGH POSITION C.

PAUSE AND EXHALE...
INHALE AS WEIGHT IS LOWERED TO CHEST...
INHALE WHILE WEIGHT IS LOWERED TO FLOOR...PAUSE AND EXHALE ready to repeat.

TRAINING SCHEDULE

1st Day,	10 times ☐	4th Day,	8 times ☐
2nd Day,	9 times ☐	5th Day,	9 times ☐
3rd Day,	8 times ☐	6th Day,	10 times ☐

Rest on seventh day. Check ✓ box each day when routine has been completed.

PROFESSIONAL

MUSCLE-BUILDING BARBELL SYSTEM

PHOTO-INSTRUCTOR

CHART No. 46

8th week



A. STARTING POSITION

EXHALE AT START...
SWING WEIGHT UP
SHOULDER HIGH...
INHALE DEEPLY.

B. MID-POSITION

PAUSE AND EXHALE...
"TOSS" WEIGHT UP,
OVER AND BEHIND NECK...
INHALE DURING "TOSS"...

C. JERK POSITION

PAUSE AND EXHALE...
"JERK" WEIGHT OVERHEAD..
INHALE DEEPLY WHILE
WEIGHT IS GOING UP...





CHART NO. 46
8th WEEK

CHART No.46
8 th WEEK

RECOMMENDED
BARBELL WEIGHT
50 LBS.

DEMONSTRATED BY
HERMAN WEINSOFF

BARBELL STRENGTH ROUTINE NO. 36

DETAILED TRAINING INSTRUCTIONS for "Two Hand Jerk"

STARTING POSITION

Same as in previous routine. Position A.

MUSCLE MOVEMENT

1. Take barbell from the floor in one continuous movement "clean" to the shoulders. Turn the wrists when the weight reaches chest level. Position B.
2. From Position B, raise the weight still further upward with a little toss, and lower it to rest across shoulders behind your neck. Position C.
3. Now with legs firmly placed...just enough apart to give secure "stance"...jerk the barbell to arm's length overhead. Position D.
4. Lower weight behind shoulder, and then reverse all movements back to start.

BREATHING TEMPO

1. Exhale at Start A.
2. As barbell is swung to shoulder level, inhale deeply. Pause and exhale at B.
3. As weight is brought behind neck, inhale again.
4. As barbell is "jerked" to arm's length overhead, inhale. Pause and exhale. Position D.

TRAINING COMMENTS

In "jerking" the legs are slightly bent to begin. As you push upward with the arms, straighten the legs with vigor. This will impart the full force of both arms and legs to the lift.

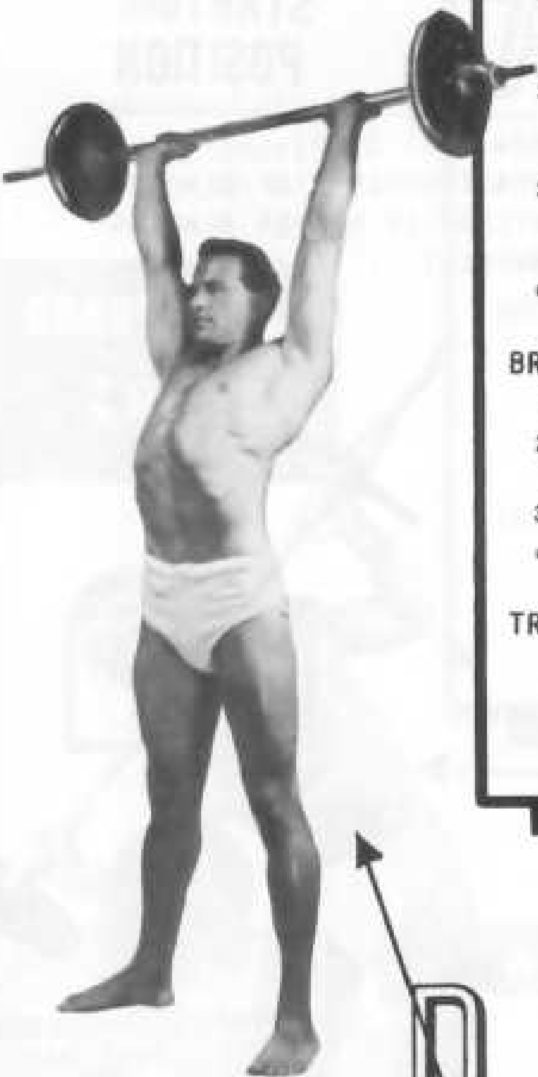


CHART
NO. 46
8th WEEK

HIGH POSITION D.

PAUSE AND EXHALE...
INHALE WHILE WEIGHT IS LOWERED...EXHALE DURING EACH PAUSE.

TRAINING SCHEDULE

1st Day, 5 times ☐ 4th Day, 8 times ☐
2nd Day, 6 times ☐ 5th Day, 9 times ☐
3rd Day, 7 times ☐ 6th Day, 10 times ☐

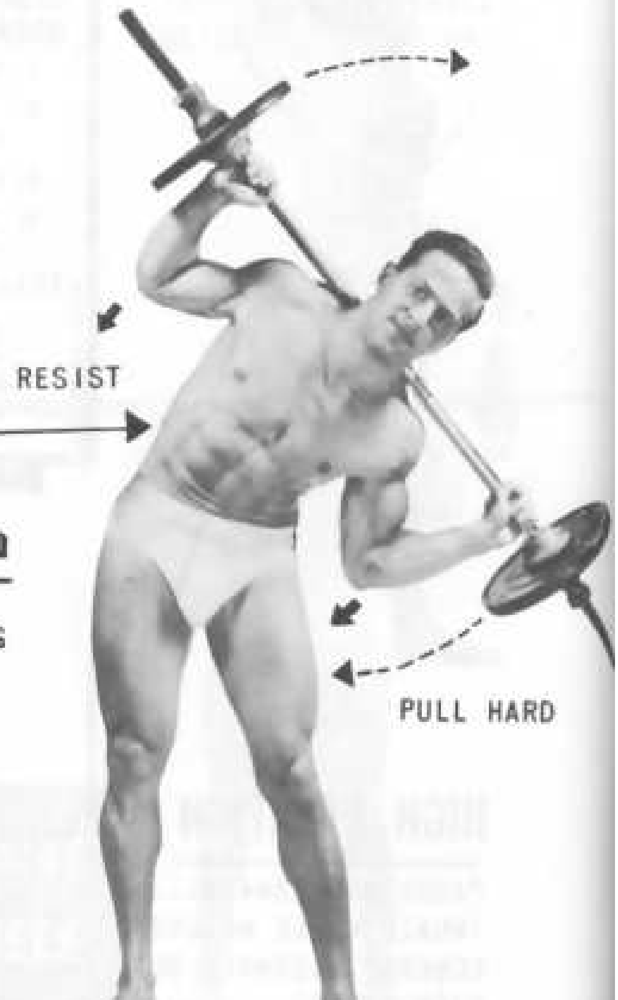
Rest on seventh day. Check ✓ box each day when routine has been completed.

PROFESSIONAL
MUSCLE-BUILDING BARBELL SYSTEM



A. STARTING POSITION

EXHALE AT START...
INHALE WHILE SIDE-BENDING...
INTERNALLY RESIST BENDING MOVEMENT...



B. SIDE BEND POSITION

PAUSE AND EXHALE...
INHALE WHILE RETURNING TO START...

CHART NO. 47
8th WEEK

TRAINING SCHEDULE

1st Day, 5 times ☐	4th Day, 8 times ☐
2nd Day, 6 times ☐	5th Day, 9 times ☐
3rd Day, 7 times ☐	6th Day, 10 times ☐

Rest on seventh day. Check ✓ box each day when routine has been completed.

PHOTO INSTRUCTOR CHART No. 47

8th week

DEMONSTRATED BY

HERMAN WEINSOFF

CHART No. 47
8th WEEK

RECOMMENDED BARBELL WEIGHT
50 LBS.

BARBELL STRENGTH ROUTINE NO. 37

DETAILED TRAINING INSTRUCTIONS for "Side Bending"

STARTING POSITION

Legs at comfortable distance apart. Raise barbell by any method preferred and rest bar across shoulders at back of neck. Position A.

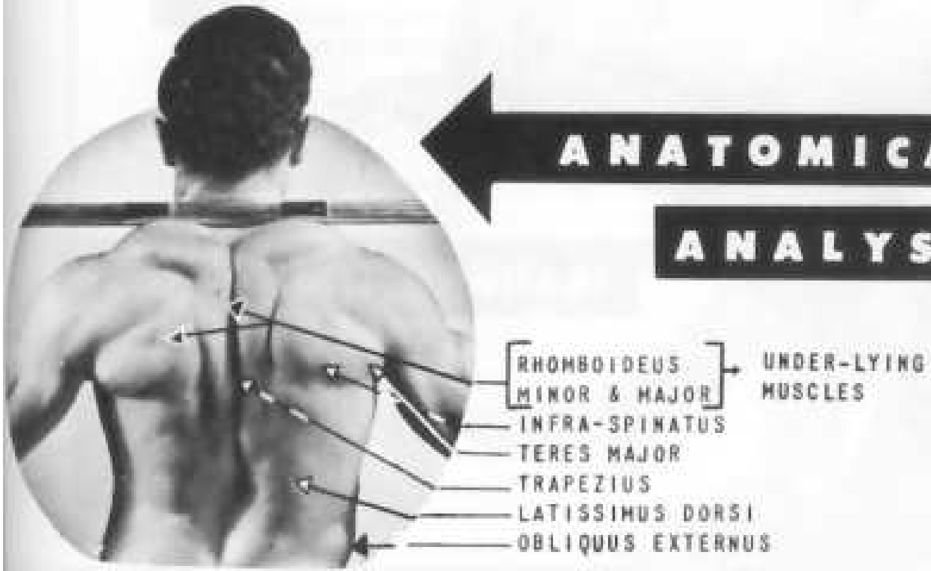
1. Slowly bend to left side as far as possible. Apply internal tension here by pulling down with right hand to resist the bending movement. Pull with left hand to aid the movement...playing one set of muscles against the others. Position B.
2. Return to upright position, resisting the upward movement.
3. Repeat to other side.

BREATHING TEMPO

1. Exhale at start. Inhale deeply while bending to side. Pause at limit of movement and exhale. **Position B.**
2. Inhale as you rise to starting Position A.

TRAINING COMMENTS

Do not allow your body to bend forward or backwards - bend to side only. At first, do not overstrain with the internal tension resistance to movement.



ANATOMICAL ANALYSIS

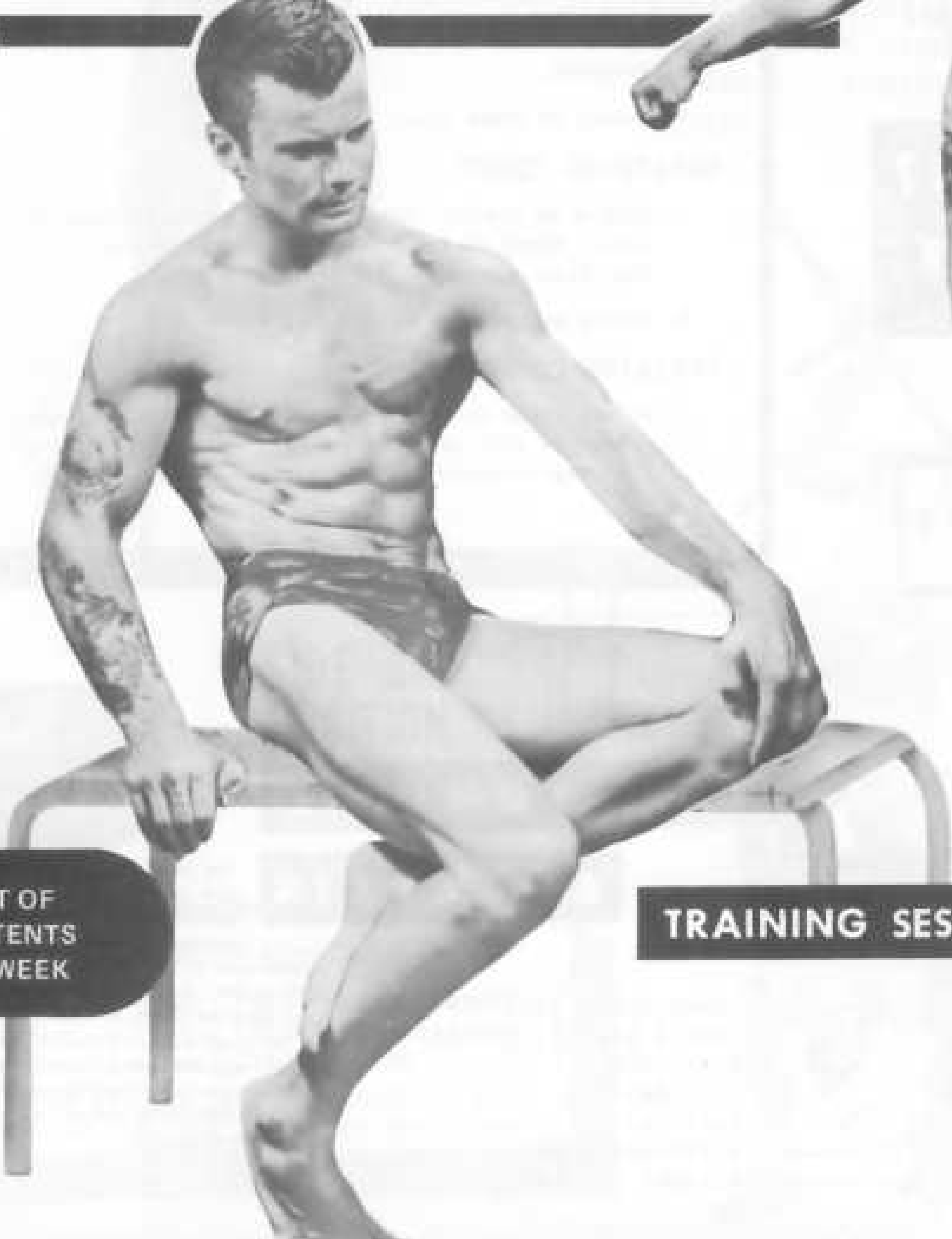
CHART NO. 47 8th WEEK

The neck is virtually surrounded with muscles which are often neglected in training routines. The principal of these and their action is listed here. STERNOCLEIDO MASTOIDEUS...action: the muscle of one side acting alone turns the head to the opposite side and the face at the same time upward. The muscles of both sides acting together draw the head obliquely forward and downward. The STERNOHYOIDEUS...action: it draws the hyoid bone downward.

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CLASSICAL & ANATOMICAL POSES by DEMONSTRATOR

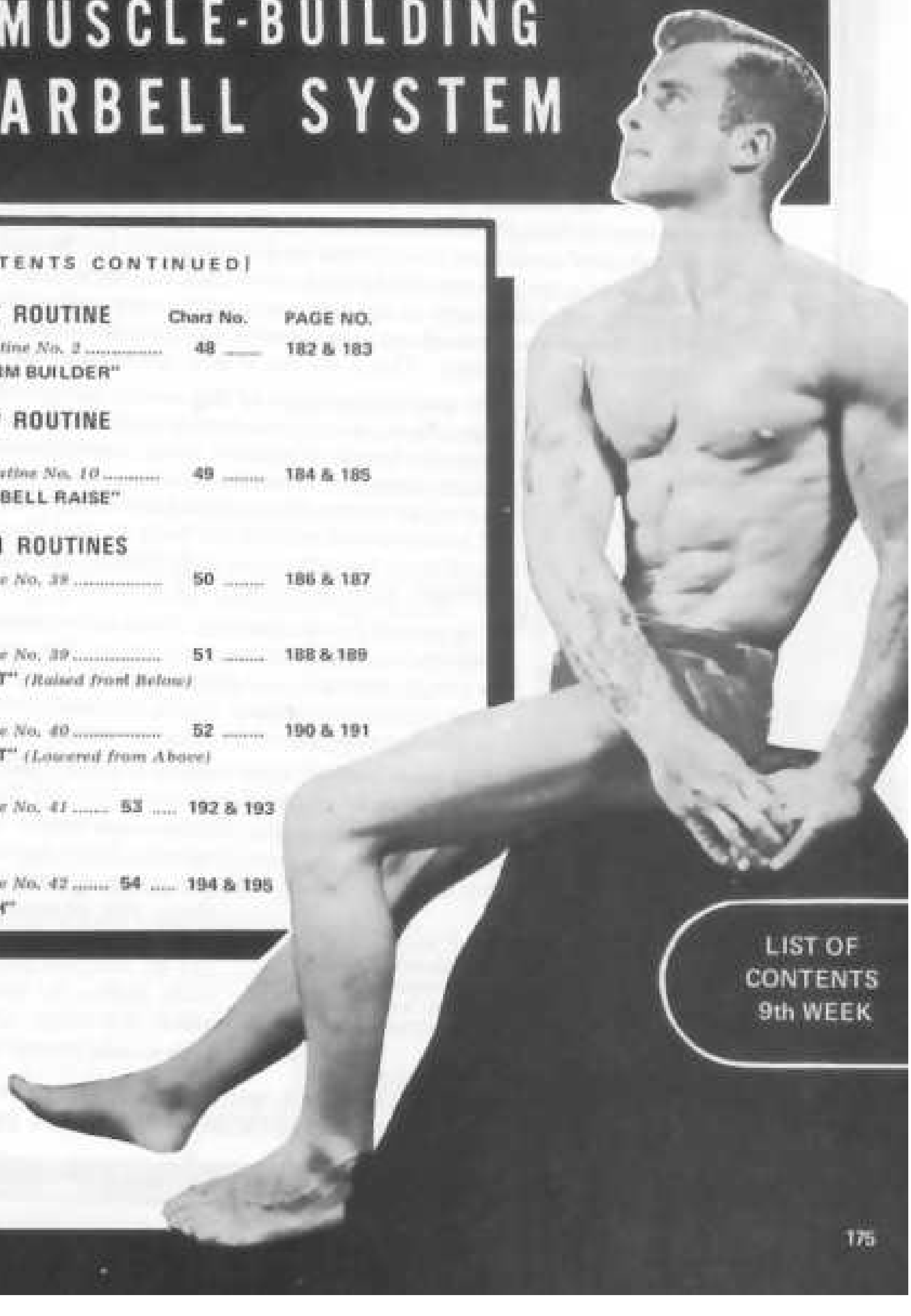




LIST OF CONTENTS 9th WEEK

TRAINING SESSION No 9

JOE BONOMO *Professional* MUSCLE-BUILDING BARBELL SYSTEM



(CONTENTS CONTINUED)

LIST OF CONTENTS 9th WEEK

HEADQUARTERS OF
STRONGMEN'S CLUB OF AMERICA

A Message from the Director

Joe Bonomo

1841 BROADWAY NEW YORK, N. Y. 10023

Dear Student;

You are well on your way to the end of this course. By now you've probably learned that you must take the easy with the hard, to achieve all-around balance in your physical development.

You may have found that many exercises are not exactly pleasant to do. The principle reason for this unpleasantness is the effort and mental concentration it requires to perform the routine. When an exercise seems more difficult, it is obvious that the muscle groups brought into action have formerly been neglected. If these muscles were in top physical condition, the exercise would be easy to do. Because of this contradiction between what you would like to do, and what you have to do, there is great temptation to neglect doing some of the routines, and favoring others. Be warned here, in fact I can't urge you strongly enough never to neglect one routine at the expense of the others. This is the surest way to obtain an ill-balanced body.



STRONG? YES!...AND AGILE TOO! JOE BONOMO JUMPS FROM ROOF TO ROOF IN A HECTIC STUNTING ROUTINE FOR MOTION PICTURES.

The principle purpose of this course can be listed under three headings. First, to help you correct the undesirable effects resulting from the tempo of modern living...constipation, poor blood circulation, improper breathing. Second, to maintain a condition of normal or better-than-normal health...such as the proper selection of nutrients and helping the body to turn these nutrients into energy supplies and healthy new body tissue. And third, to improve the strength, stamina and physical prowess of the student.

You cannot be super-strong, if you suffer from malnutrition due to improper selection of food, no matter how much and how thoroughly you go through your training schedules. You cannot increase your physical endurance, if you externally poison your system due to constipation caused by irregular habits.

You must keep all these factors in mind: cleanliness, regular sleep, no excesses of smoking or drinking, proper food in satisfactory but not excessive amounts. The rules are simple. Don't favor one set of muscles at the expense of others. Don't neglect your work and then try to make it up in one giant fatiguing dose. Don't over-eat or over-sleep...and, of equal importance, don't fail to have regular dental and medical check-ups by qualified physicians. Follow the rules, follow the work schedules, and rewards in strength, abounding energy and wide-awake mental efficiency are yours.

LETTER
NO. 9
9th WEEK

INTERNATIONAL AUTHORITY ON HEALTH AND PHYSICAL DEVELOPMENT

Joe Bonomo...

• 1841 BROADWAY
• NEW YORK, N.Y. 10023

INTERNATIONAL AUTHORITY ON HEALTH AND PHYSICAL DEVELOPMENT

During this week, you are being introduced to a number of very special exercises—routines and lifts. You will be required to make a piece of apparatus this week so that you can strengthen your wrists and forearms. If you can't get to it right away, skip doing it until you can assemble the material...and add it to your next week's workout. Anyway, it's essential that you do something to strengthen this portion of your body...even if you have to take a stick of wood and use the isometric form of the exercise by gripping the stick with both hands and moving the stick in a clockwise position with one hand as you use an opposing counter-clockwise force with the other.

I want you to use as much iron weight as you can throughout the week. If you are behind schedule...and the weight you're using is less than the recommended poundage, stay on this ninth week both this and the next week. Don't go to the tenth week until you are satisfied that your progress is satisfactory.

If you can, leaf through some of the many past weeks' work and add a few more exercise routines to what you are doing this week. If you wish to concentrate on the pectorals, select some of the good exercises that are designed to work on this area of the body.



You're at a stage of this weight lifting system where you now have to use a little headwork to decide on what part of your body needs additional work. By this time you should know your body very well...and through health lectures, you should have acquired a good knowledge of what body-building is all about.

You have only one more week to go...to be introduced to another varied class of lifts. Most of the past eight weeks have been concentrated on exercise routines for specific areas of the body. By now, almost all of the muscle areas have been covered...and by the end of this week, you'll have just about full coverage. In exercising with weights, you can get into strenuous activity that is not obtainable in any other manner...and build super-muscle in less time than any other way. The soreness of the muscles is now fading.

By now you cannot only feel the progress you've made over the weeks...but you can see it in the mirror and on the charts you've been keeping.

This is going to be your great week...so put everything you have into your exercise activity. Add on as much weight as you can to complete each daily routine. Okay, get going! Let's put on a great show!

Your friend and instructor,

Joe Bonomo

LETTER
NO. 9
9th WEEK

QUESTIONS & ANSWERS

In previous Question and Answer forums, we have discussed various diseases which attack the organs of the body. The great danger which comes to bone structure is not so much disease but injury due to breaks, or to dislocation of the joints, or to the tearing of ligaments without either fracturing the bone, or dislocating the joint. This week we shall answer typical student questions pertaining to these.





by Joe Bonomo

INTERNATIONAL AUTHORITY ON HEALTH AND PHYSICAL DEVELOPMENT

QUESTIONS & ANSWERS 9th WEEK

QUESTION: What is a fracture? **ANSWER:** A fracture is a break in a bone. Trouble often arises when a simple injury is regarded as a "sprain". The person with the so-called "sprain" goes about until the disability becomes so severe that he goes to a doctor. At such time, the patient discovers that the simple "sprain" is an actual break in the bone. Be advised here, that after a hard fall or blow, if pain persists, see your doctor and have him take an X-ray photograph if he thinks this advisable. **QUESTION:** What is a compound fracture? **ANSWER:** Compound fractures are those in which an end of the bone rips through the body tissue and often breaks the skin on the surface. **QUESTION:** How are fractured bones healed? **ANSWER:** Such treatment depends on holding the broken bone ends in place until the process of healing is complete. Changes occur in the bone ends, by which connective-tissue-cells grow across the gap between the break. Along these, bone-forming cells lay down new bone. This goes on until the gap is completely closed by new "osseous" tissue. The action goes a little farther, reinforcing the break with a little extra bone. During this process, the bones have to be held in place by splints, casts or special metal supports. **QUESTION:** What is a dislocation? **ANSWER:** A dislocation is a case in which the bones of a joint slip out of place. When a bone becomes dislocated, the ligaments and muscles draw the points of union past each other. Much of the same medical technique apply to their treatment as to fractures. Do not let anyone but a qualified doctor try to replace a dislocation for you, else you may be crippled for life. **QUESTION:** What else can happen to the bones or joints from a hard fall or blow? **ANSWER:** Sometimes the bone is not broken, nor is it dislocated...but an unusual twist can tear the ligaments. This is painful and takes time and skilled, experienced treatment. **QUESTION:** What diseases can affect the bones or joints? **ANSWER:** The most frequent are: 1. Tuberculosis, which affects both the bones and joints. 2. Pus infection in the bone. 3. Syphillis of the bone. 4. Tumors or growths on the bone.

Meet Your Demonstrator

Jim Bayne

MEASUREMENTS

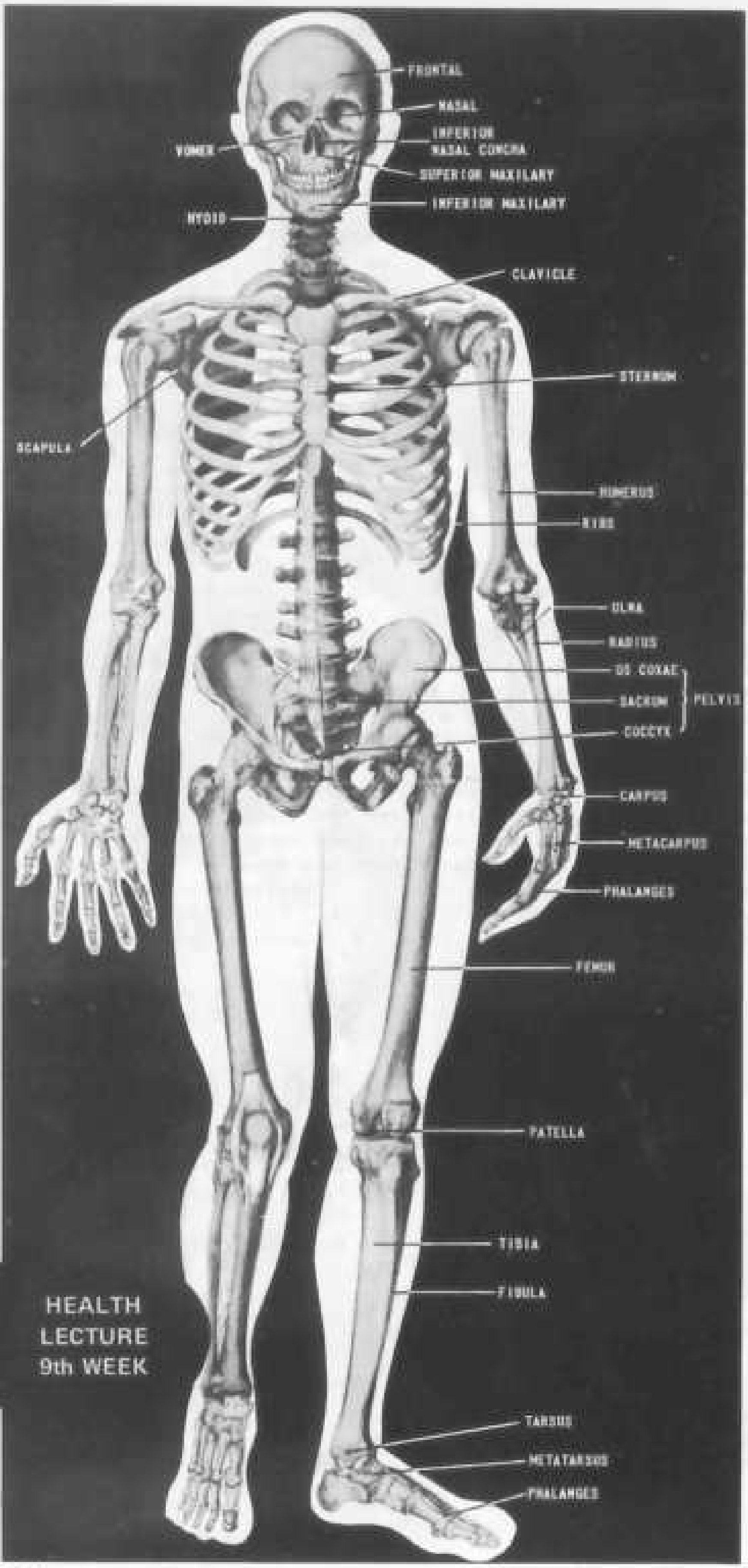
UPPER ARM	15"
FOREARM	13"
CHEST	42"
WAIST	29"
THIGH	20"
CALF	14¾"
NECK	16"
WRIST	7½"
ANKLE	9"
HEIGHT	5'5"
WEIGHT	138 LBS

Memo from J.B.

Don't experiment with the bone structure of your body. If you have a fall, or suffer from a hard blow and pain persists...don't let quacks advise you or amateurs try to help you. See a qualified doctor without delay and follow the treatment he prescribes. It's your body...look after it!

QUESTIONS & ANSWERS 9th WEEK

QUESTIONS & ANSWERS 9th WEEK



HEALTH LECTURE 9th WEEK

THE

Your body is supported and enabled to move from place to place by means of the bones. There are 200 principle bones in your body, and without them your body would be a limp bundle of muscle—as helpless as a jellyfish out of water. Without bones, useable movement would be impossible.

Mechanical principles show that force can only be applied in a lever when there are three factors present...a source of power, a point for the lever to act against, and the weight or obstacle to be moved by the lever.

The motion and strength of your body is possible only because the bones and muscles act as the levers and the source of power. Other bones enable the bone being used as a lever to have a fulcrum or pivot-point.

The use of bones being used as a lever can be seen in the action of the bones of the forearm. With the elbow used as a pivot-point, the biceps supplies the power to forearm bones.

The ends of two or more bones forming a joint are covered with *cartilage*. This is a solid, but softer substance than bone, one whose smoothness and elasticity keep the ends of the bone from wearing out. The cartilage is covered with a thin layer called the *synovial membrane*. The joints themselves are oiled, to maintain smooth working, by a fluid called *synovia*. Similar to all other living material in your body, this cartilage is maintained in the best condition when it is evenly and naturally exercised.

A series of tough bands or *ligaments*, hold the heads of the bones in position.

Joints like those at the knee or ankle are referred to as *hinge joints*. The shoulder and hip joints are called *ball and socket joints*. Although these are constructed for different mechanical functions, both types operate on the same general principles.

HEALTH LECTURE No. 9
9th WEEK

SKELETAL SYSTEM...

by Joe Bonomo

BONES OF THE HUMAN SKELETON

The Spine		The Skull		The Chest & Neck	
Vertebrae....	24	Cranium......	8	Hyoid..........	1
Sacrum........	1	Face............	14	Sternum......	1
Coccyx........	1			Ribs............	24

Upper Extremeties		Lower Extremeties	
Shoulder girdle......	4	Patella......................	2
Arm and hand........	60	Pelvis.......................	2
		Leg and foot..........	58

total 200

Some anatomists name 206 by including orricles of ears, etc.

how the bones form a framework for the body, supporting and protecting the muscles and internal organs necessary for life.

HEALTH LECTURE 9th WEEK

Thus the athlete must not only develop the muscle tissue to maximum strength ...but the training routines must be so organized that the ligaments are all exercised to develop maximum elasticity.

In this muscle-training course, care has been taken that the ligaments, too, are regularly exercised, none being omitted or neglected.

The bones are not "lifeless" material, but contain a blood system. The insides of the long bones have an organ...the marrow...within which the blood cells are formed. Thus the health of the bones, the cartilage, and the ligaments are as completely dependent upon exercise for health as the muscles themselves.

The skeleton also affords a means of attachment and support for the soft organs of the body. Most of these visceral structures are directly or indirectly attached by their fascia, or ligaments, to one or more of the bones.

Another vitally important function of the bones is their great value in protecting the life of the individual by guarding vital organs. There are parts of your body, such as the heart and lungs for which protection is essential. Injuries to the heart are invariably fatal. Damage to the lungs or other internal organs can be equally dangerous. These organs are able to work within the protective casing of the ribs.

The delicate brain cells and spinal cord require the maximum of protection. Thus nature has surrounded these with sturdy bone structures, their being almost completely protected by the bones of the skull and backbone.

When you stop to think back over the various Muscle-Health Lectures of this course...when you realize how exercise improves the blood circulation to all parts of the body...to the muscles, internal organs; to the bones, joints and ligaments...you will realize what an amazing machine your body is...and what a responsibility is yours to keep it functioning at peak efficiency.

Clean living, systematic habits of food, cleanliness and sleep; plus regular exercise are the only sure rules to guarantee a healthy body. No one can carry this responsibility for you. The job is yours and yours alone. It is not a difficult task, but it must be done. Will you shirk your duty to yourself?



JOE BONOMO
PROFESSIONAL MUSCLE-BUILDING BARBELL SYSTEM

SPECIAL EQUIPMENT ROUTINE NO. 2

DETAILED TRAINING INSTRUCTIONS for "Wrist & Forearm Builder"

TRAINING COMMENTS: In almost all barbell, dumb-bell and other general muscle training routines, the hands grip and hold the weight. Although other muscles themselves are developed to phenomenal strength, the grip itself obtains relatively little development.

Many men find a limit is soon reached to the weights with which they work, because they cannot hold heavier weights in their hands. Even though the development of the biceps, triceps, deltoid, etc., has been actually developed to a degree which would permit real heavy lifts and workouts, the student is not even aware of his own ability, because he cannot hold the extra weight with the hands.

DEMONSTRATED BY

JIM BAYNE

CHART NO. 48 9th WEEK

This week's session introduces a simple piece of equipment which can either be made at home, or purchased already made up. It is designed to develop powerful wrists and forearms, eventually giving you a vice-like grip.

The equipment is easy to use. A hook is run through a barbell plate and then snapped on the chain. The bar is then held at waist height. The weight is then raised and lowered, by turning the bar, which winds the chain up, or unwinds it.

Different degrees of weight can be used with this equipment. Start with about 25 pounds the first day. Add 2½ pounds each day. If weight recommended is too much, go easy at first. Then work up to weights most convenient to use.

No special breathing tempo is specified here. Since grip strength varies to such a wide degree, it is impractical to recommend how many times to perform the routine. Use your own judgment.

Vary your grip. Do the routine with knuckles turned up...then alternate, changing the grip on the bar so that the knuckles are down, palms up.

CHART No. 48
9th WEEK



Knuckles up!



Knuckles down!

PHOTO-INSTRUCTOR CHART No. 48

9th week





CHART
NO. 48
9th WEEK

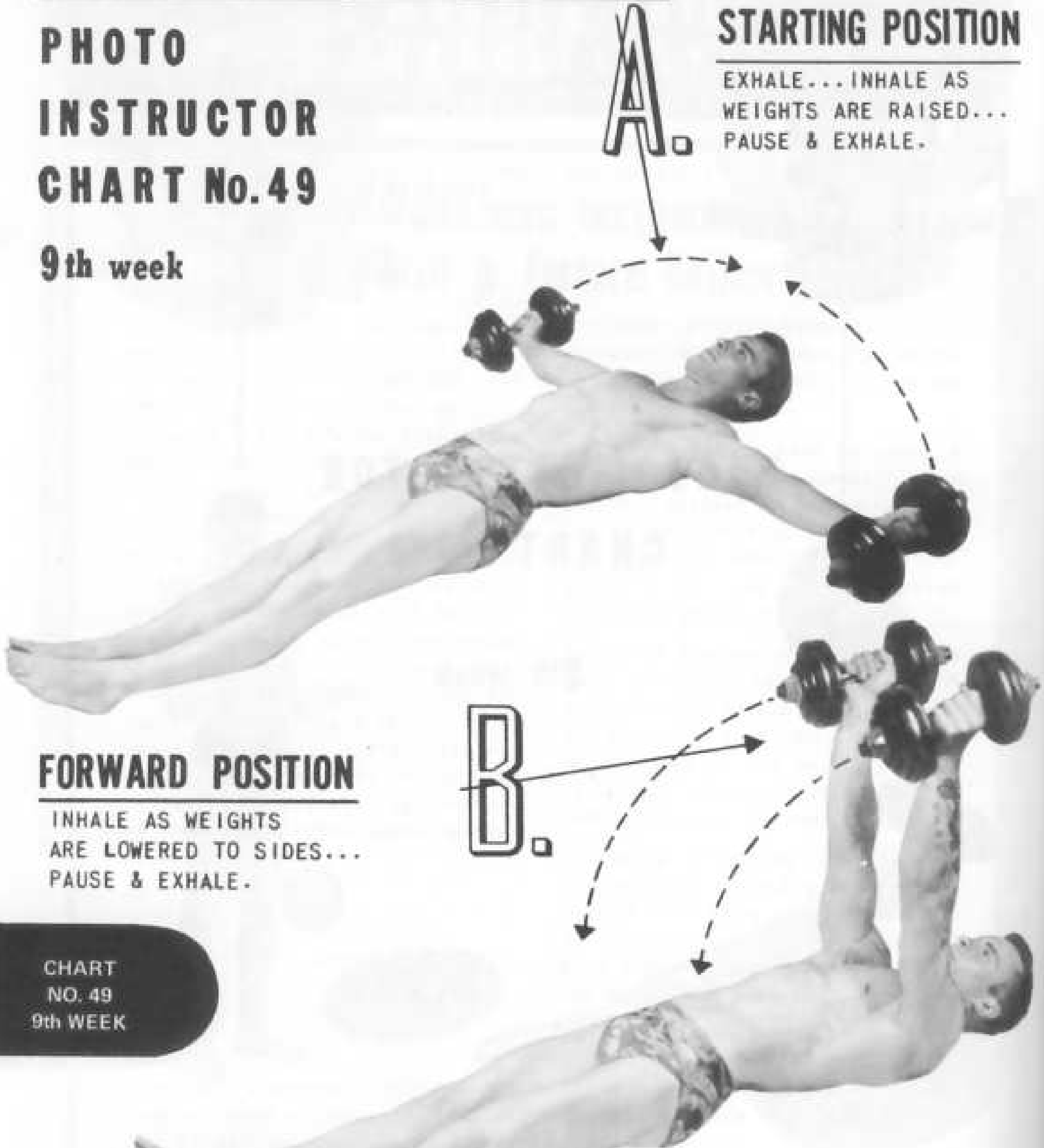
PROFESSIONAL
MUSCLE-BUILDING BARBELL SYSTEM

PHOTO INSTRUCTOR CHART No. 49

9th week

STARTING POSITION

EXHALE... INHALE AS WEIGHTS ARE RAISED... PAUSE & EXHALE.



FORWARD POSITION

INHALE AS WEIGHTS ARE LOWERED TO SIDES... PAUSE & EXHALE.

CHART NO. 49 9th WEEK

DEMONSTRATED BY

JIM BAYNE

CHART No. 49

9 th WEEK

DUMBBELL WARM-UP ROUTINE NO. 10

DETAILED TRAINING INSTRUCTIONS for "Horizontal Dumbbell Raise"

STARTING POSITION

Lie on back, arms outstretched at sides, dumb-bell in each hand. Position A

MUSCLE MOVEMENT

1. Slowly raise bells in wide arc, until they are vertically over face. Position B. Do not bend arms.
2. Lower bells, until they are at sides.
3. Reverse movements back to Start A.

MUSCLE MOVEMENT

1. Exhale at start. Inhale as bells are raised.
2. Inhale again as bells are lowered forward to sides. Pause and exhale.
3. Inhale on return to B. Pause and exhale.
4. Inhale on return to A. Pause and exhale, ready to repeat.

BREATHING TEMPO

Try to visualize how different muscles are brought into play when...1. You do this movement lying on your back. 2. You do this same movement standing up. In the first case, on back...as you pull weights over your face, you do not have to prevent the weights from dropping to your sides...as would be the case if the same movement were done when standing erect. Thus, by merely shifting the position of your body, the same exercise can place different stress on special muscle groups. Keep this in mind, if you wish to concentrate on a special muscle.

RECOMMENDED DUMBBELL WEIGHTS

12½ TO 15 LBS. EACH

TRAINING SCHEDULE

1st Day, 10 times	☐	4th Day, 10 times	☐
2nd Day, 15 times	☐	5th Day, 15 times	☐
3rd Day, 20 times	☐	6th Day, 20 times	☐

Rest on seventh day. Check✓ box each day when routine has been completed.

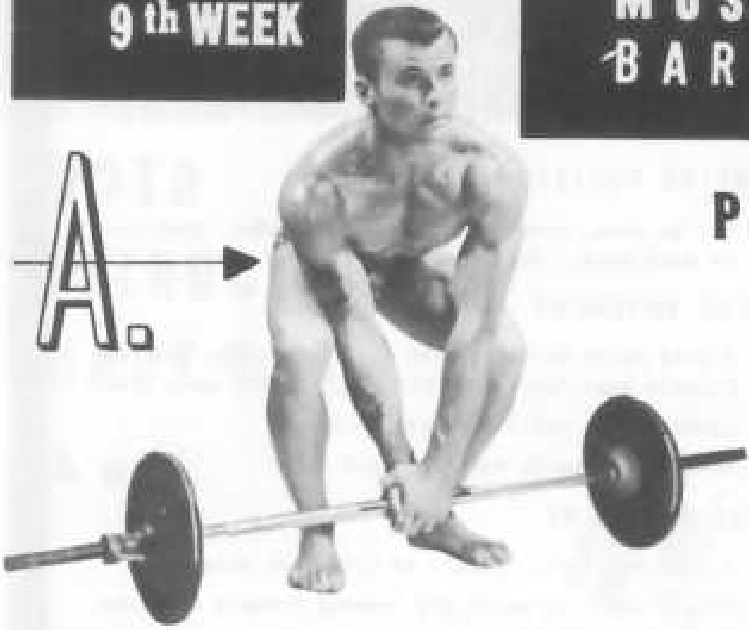
CHART NO. 49 9th WEEK

CHART No. 50
9th WEEK

PROFESSIONAL
MUSCLE-BUILDING BARBELL SYSTEM

PHOTO-INSTRUCTOR
CHART No. 50
9th week

A.



STARTING POSITION

GRASP BAR WITH BOTH HANDS...
EXHALE...INHALE DURING LIFT

RECOMMENDED
BARBELL WEIGHT
50 LBS.

B.



MID-POSITION

HOLD WEIGHT
IN ONE HAND..
PAUSE AND EXHALE.



C.

PRESS POSITION

BEND TO SIDE WHILE EXHALING.

CHART
NO. 50
9th WEEK

DEMONSTRATED BY
JIM BAYNE



D.

FINAL POSITION

INHALE DURING "PRESS".. PAUSE AND EXHALE.

BARBELL STRENGTH ROUTINE NO. 38

DETAILED TRAINING INSTRUCTIONS for "Bent Press"

STARTING POSITION

1. Grasp the barbell, with both hands dead center on bar, the left hand overlapping the right. Position A.
2. Take the barbell to the right shoulder with both hands, then release the left hand, holding the weight shoulder high with the right hand only. Position B.

MUSCLE MOVEMENT

1. Bend the body to the left, keeping the weighted right forearm perpendicular. Position C.
2. From Position C, press the weight up. Straighten body as barbell reaches top of press. Position D
3. Lower weight to shoulder bending body again. Position C.
4. Straighten the body back to Position B.

BREATHING TEMPO

1. Exhale at Start A. Inhale during lift to B. Pause
2. Exhale when bending to Position C.
3. Inhale during press up to Position D. Pause and exhale.
4. Inhale on lowering weight back to C. Pause and exhale.
5. Inhale on straightening body to Position B.

TRAINING COMMENTS

Keep your eye on the weight at the conclusion of the lift. During the pressing, it is permissible for the left arm to be braced against the left leg.

TRAINING SCHEDULE

1st Day, 5 times, right arm ☐ 5 times, left arm ☐
2nd Day, 6 times, right arm ☐ 6 times, left arm ☐
3rd Day, 7 times, right arm ☐ 7 times, left arm ☐
4th Day, 8 times, right arm ☐ 8 times, left arm ☐
5th Day, 9 times, right arm ☐ 9 times, left arm ☐
6th Day, 10 times, right arm ☐ 10 times, left arm ☐

Rest on seventh day. Check ✓ box each day when routine has been completed.

CHART NO. 50 9th WEEK

PROFESSIONAL
MUSCLE-BUILDING BARBELL SYSTEM

PHOTO-INSTRUCTOR CHART No. 51

9th week



B.

HOLD-OUT POSITION

PAUSE AND EXHALE...
INHALE AS WEIGHT
IS LOWERED...EXHALE



A.

STARTING POSITION

EXHALE AT START...
INHALE AS WEIGHT IS RAISED

CHART
NO. 51
9th WEEK

ANATOMICA

Muscles brought into play in this routine are: BICEPS BRACHII; action: lifts the upper arm forward (as well as flexing forearm) CARACO BRACHIALIS; action: lifts upper arm forward

RECOMMENDED
BARBELL WEIGHT
50 LBS.

DEMONSTRATED BY
JIM BAYNE

CHART No. 51
9th WEEK

BARBELL STRENGTH ROUTINE NO. 39

DETAILED TRAINING INSTRUCTIONS for "Hold out in Front"

(Raised from Below)

STARTING POSITION

Assume an erect position, feet slightly apart. Grasp bar, arms hanging evenly down. Position A.

MUSCLE MOVEMENT

1. With arms held straight, raise weight *steadily* and slowly forward in an arc. Stop when weight is level with shoulders. Position B.
2. Pause and hold weight in this position, then slowly return to Start A.

BREATHING TEMPO

1. Exhale at Start A. Inhale deeply and *slowly* as weight is raised to B.
2. Pause and exhale. Inhale on return to Start A. Pause and exhale, ready to repeat.

TRAINING COMMENTS

Hold the body erect during the routine. Do not lean backwards.

TRAINING SCHEDULE

1st Day, ten times ☐
2nd Day, nine times ☐
3rd Day, eight times ☐
4th Day, seven times ☐
5th Day, six times ☐
6th Day, five times ☐

Rest on seventh day.
Check ✓ box each day when routine has been completed.

ANALYSIS

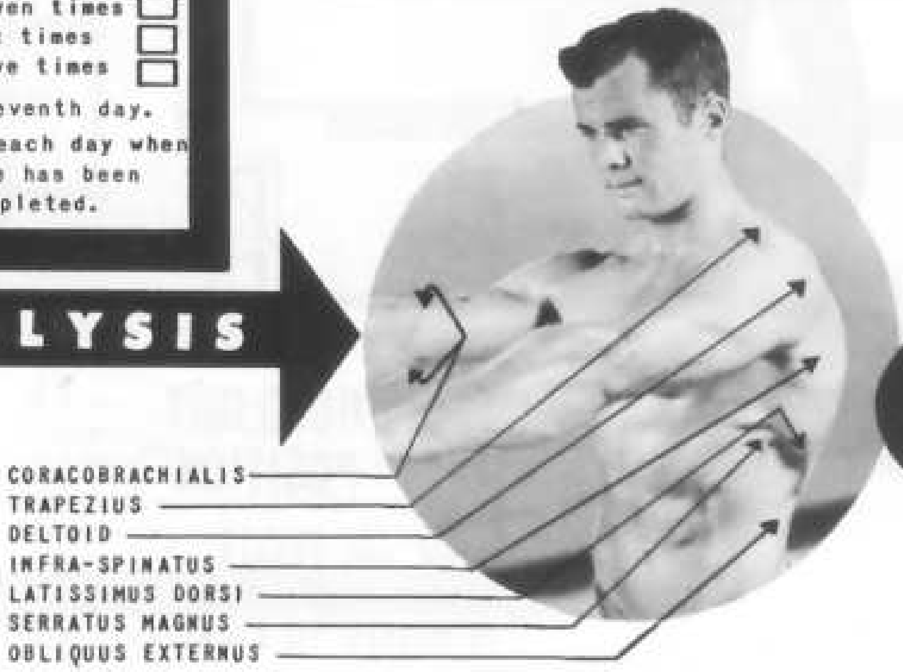
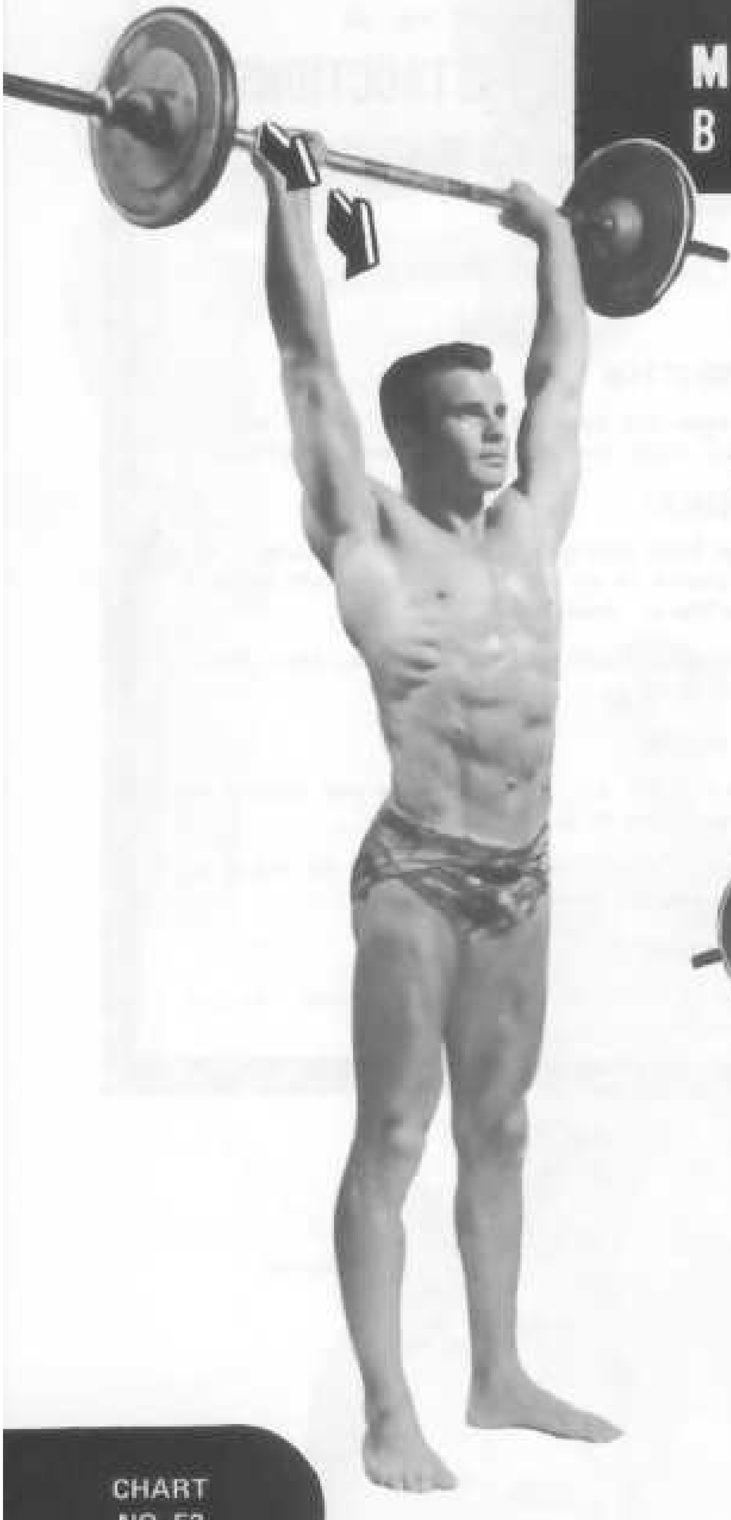


CHART NO. 51 9th WEEK

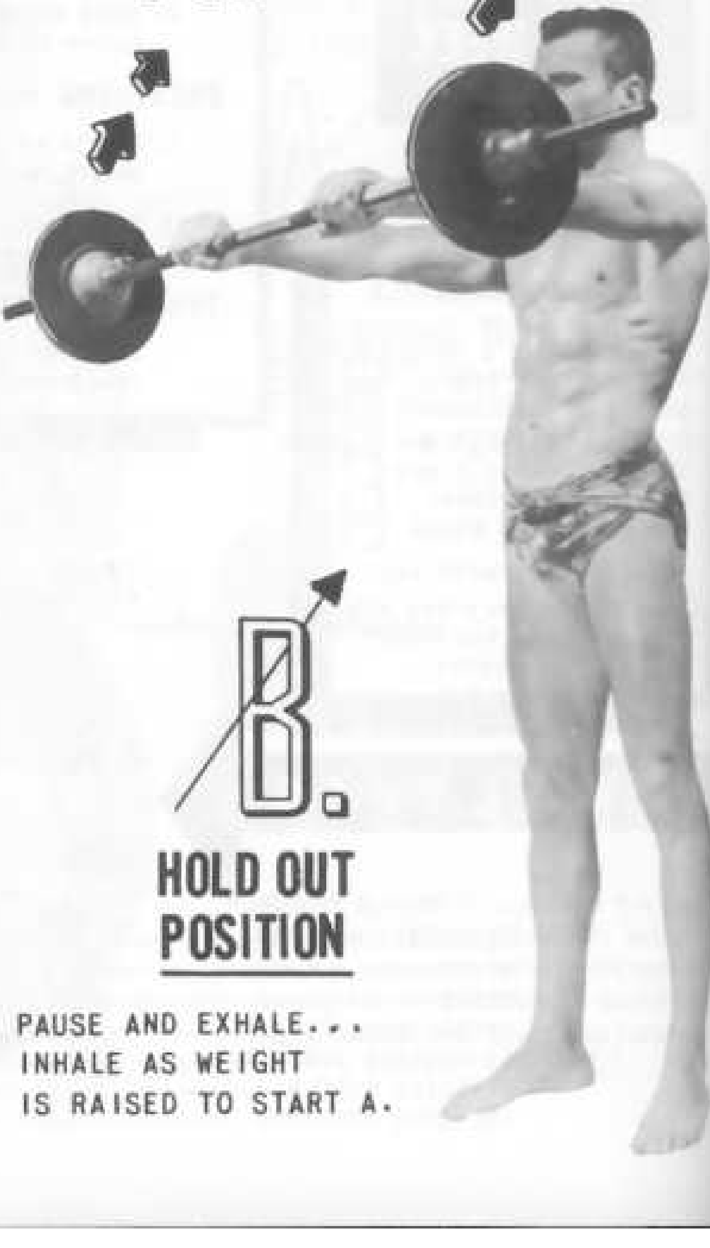
PROFESSIONAL
MUSCLE-BUILDING BARBELL SYSTEM



STARTING POSITION

EXHALE...LOWER WEIGHT TO SHOULDER HEIGHT... INHALE AS WEIGHT COMES DOWN DOWN...EXPAND CHEST.

A.



B.

HOLD OUT POSITION

PAUSE AND EXHALE... INHALE AS WEIGHT IS RAISED TO START A.

CHART
NO. 52
9th WEEK

PHOTO INSTRUCTOR CHART No. 52

9th week

DEMONSTRATED BY

JIM BAYNE

CHART No. 52
9th WEEK

RECOMMENDED
BARBELL WEIGHT
50 LBS.

BARBELL STRENGTH ROUTINE NO. 40

DETAILED TRAINING INSTRUCTIONS for "Hold out in Front"

(Lowered From Above)

STARTING POSITION

Grasp the bar, palms down, and take it clean to arm's length overhead. Position A.

MUSCLE MOVEMENT

1. Lower weight *steadily* and slowly until the bar is at shoulder height. Pause and hold position for about 2 seconds. Position B.
2. Slowly raise weight back in arc, to Starting Position A.

BREATHING TEMPO

1. Exhale when weight is overhead. Position A. Inhale as bar is lowered to shoulder height. Exhale during pause. Position B.
2. Inhale as barbell is raised back to Starting Position A. Pause and exhale, ready to repeat.

TRAINING COMMENTS

Hold the body erect during entire movement. Do not lean backwards. Expand chest widely when breathing.

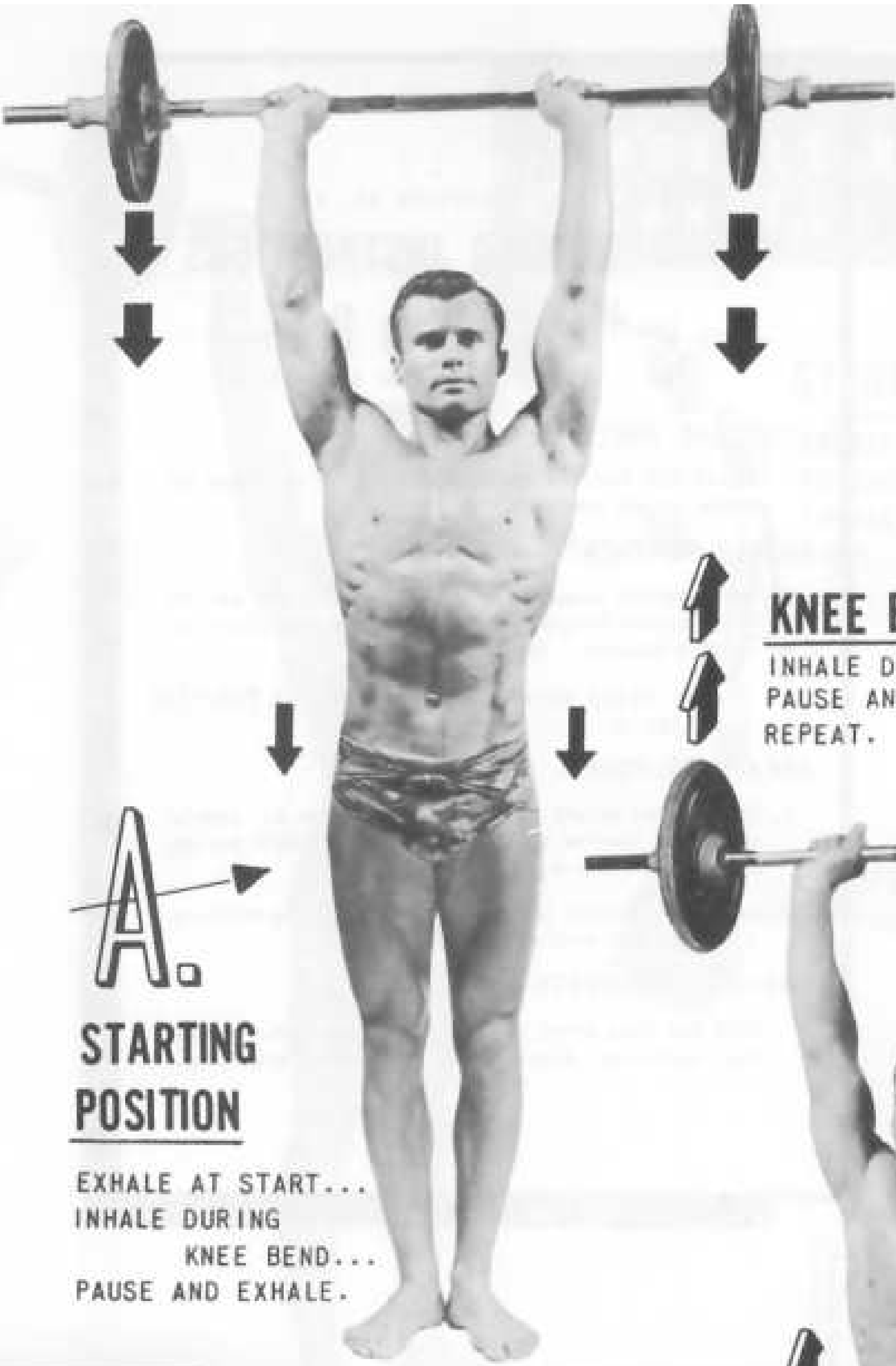
TRAINING SCHEDULE

1st Day, 5 times ☐ 4th Day, 8 times ☐
2nd Day, 6 times ☐ 5th Day, 9 times ☐
3rd Day, 7 times ☐ 6th Day, 10 times ☐

Rest on seventh day. Check ✓ box each day when routine has been completed.

CHART NO. 52 9th WEEK

CHART No. 53
9 th WEEK



A.

STARTING POSITION

EXHALE AT START...
INHALE DURING
KNEE BEND...
PAUSE AND EXHALE.

B.

KNEE BEND POSITION

INHALE DURING RISE TO START
PAUSE AND EXHALE, READY TO
REPEAT.

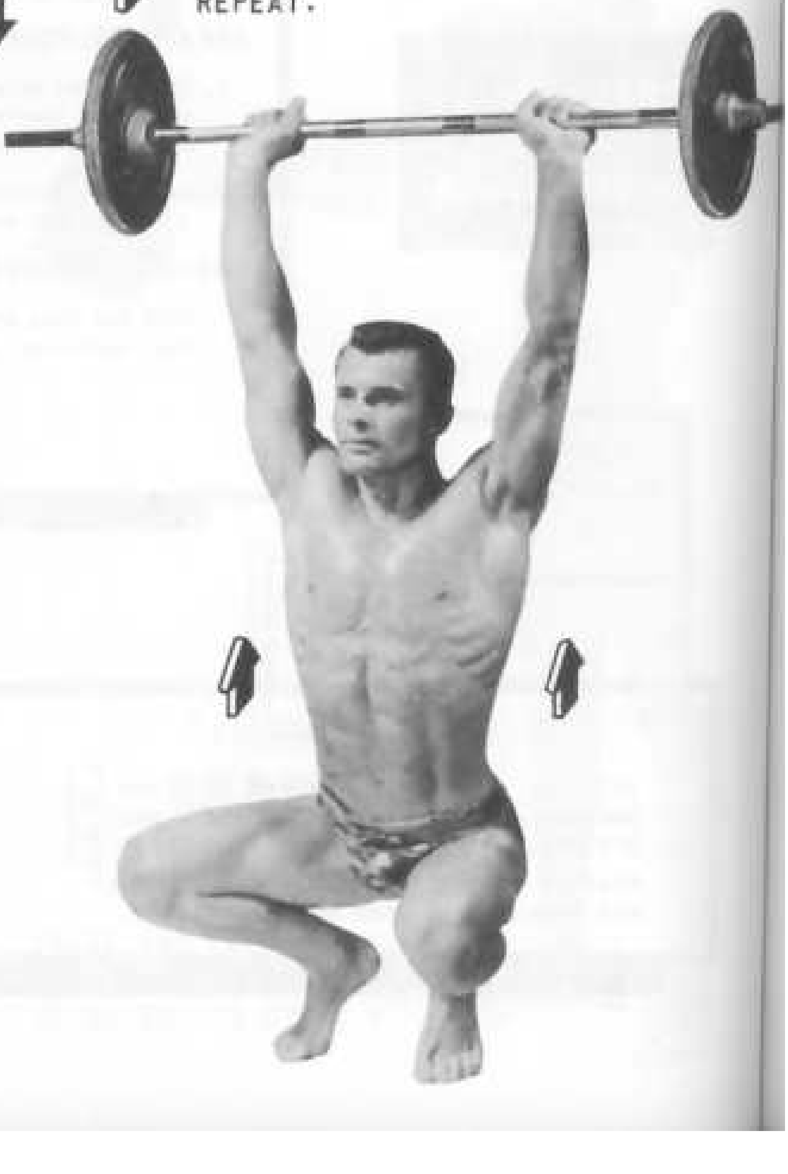


CHART
NO. 53
9th WEEK

PHOTO INSTRUCTOR CHART No.53

9th week

PROFESSIONAL MUSCLE-BUILDING BARBELL SYSTEM

BARBELL STRENGTH ROUTINE NO. 41

DETAILED TRAINING INSTRUCTIONS for "Knee Bending"

STARTING POSITION

Grasp the bar, palms down, and assume an erect position. Raise the weight to arm's length overhead. Position A.

MUSCLE MOVEMENT

1. From Position A, while holding weight overhead, perform a deep knee bend, rising on the balls of the feet, so that heels are off the floor. Position B.
2. Return to Starting Position A, ready to repeat.

BREATHING TEMPO

1. When weight is overhead, exhale. As you go down into knee bend, inhale deeply. Hold this position and exhale.
2. As you rise back to start, inhale again. At end of up-movement...exhale, ready to repeat.

TRAINING COMMENTS

Keep the back and arms straight, as you bend knees. It is best to keep the eyes on some object in front of you.

DEMONSTRATED BY

JIM BAYNE

RECOMMENDED BARBELL WEIGHT

50 LBS.

TRAINING SCHEDULE

1st Day, 10 times ☐ 4th Day, 7 times ☐
2nd Day, 9 times ☐ 5th Day, 6 times ☐
3rd Day, 8 times ☐ 6th Day, 5 times ☐

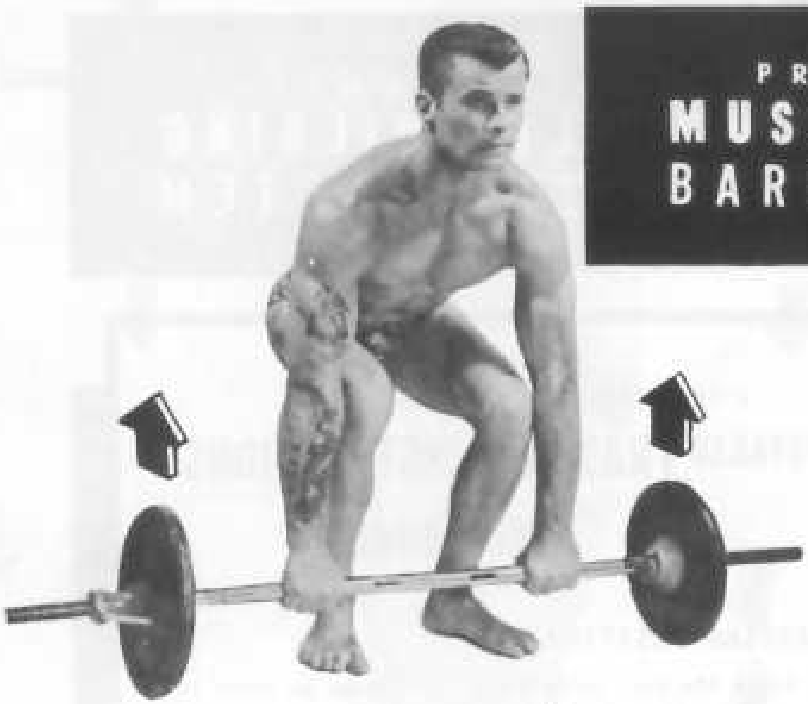
Rest on seventh day. Check ✓ box each day when routine has been completed.

CHART NO. 53 9th WEEK

PROFESSIONAL
MUSCLE-BUILDING BARBELL SYSTEM

PHOTO INSTRUCTOR CHART No. 54

9th week



STARTING POSITION

EXHALE...GET SET
INHALE DEEPLY &
"SNATCH" WEIGHT UP

A.

RECOMMENDED BARBELL WEIGHT
50 LBS.



CHART
NO. 54
9th WEEK

DIP - POSITION

BEND KNEES OR
"SPLIT" TO LOWER
BODY BENEATH
WEIGHT...

B.

CHART No. 54
9 th WEEK

BARBELL STRENGTH ROUTINE NO. 42

DETAILED TRAINING INSTRUCTIONS for "Two Hands Snatch"

STARTING POSITION

Grasp the bar, palms down. Position A

MUSCLE MOVEMENT

1. In one continuous non-stop movement, the weight is is taken from the floor to arm's length overhead. It must be "snatched" to arm's length by the impetus given to it at the start. Do not turn the wrist over until the weight is level with your forehead. Position B. Then push up.
2. Return weight to floor, controlling the downward movement all the way. Do not let weight pull itself down -- lower it!

BREATHING TEMPO

1. Exhale at start.
2. Inhale as weight is "snatched" up.
3. Exhale at Position C.
4. Inhale when weight is lowered.
5. Exhale when movement has been completed, ready to repeat.

TRAINING COMMENTS

In performing this lift, you may "dip" under the weight, then aid the raising by straightening the body quickly. The "dip" may be performed by a "split"...by one foot going forward, the other staying at the rear. Do not pause in any position. At the conclusion of the lift, the trunk, arms and legs must be straight...feet brought back on the same line, not more than 16 inches apart.



SNATCH POSITION

STRAIGHTEN BODY
& ARMS TOGETHER...
PAUSE & EXHALE.

TRAINING SCHEDULE

1st Day, three times ☐
2nd Day, four times ☐
3rd Day, five times ☐
4th Day, five times ☐
5th Day, six times ☐
6th Day, six times ☐

Rest on seventh day. Check✓box each day when routine has been completed.

CHART
NO. 54
9th WEEK

DEMONSTRATED BY
JIM BAYNE

TRAINING SESSION No 10

LIST OF CONTENTS



LIST OF CONTENTS 10th WEEK

CLASSICAL & ANATOMICAL POSES by DEMONSTRATOR

Terry Robinson

JOE BONOMO

Professional

MUSCLE-BUILDING BARBELL SYSTEM





LIST OF CONTENTS
10th WEEK

HEADQUARTERS OF
STRONGMEN'S CLUB OF AMERICA

A Message from the Director
Joe Bonomo

1841 BROADWAY NEW YORK, N. Y. 10023

Dear Student;

This is your last training session of this course...but not your last training session. There is much work to be done yet. You cannot suddenly say, "I worked hard, now I can sit back and take it easy". Why not? Well, first of all, you haven't, by far, reached your peak of physical development. This course, if you've followed its instructions conscientiously, will have by now given you a new lease on life...new strength and vitality. You probably have better than normal strength now, but super-strength takes time and patience to develop. Secondly, if you sit back and completely stop your training routines, you will soon grow soft and flabby.

During the past ten weeks, you have made demands on your body system. These demands have already attuned your body to delivering an abundant flow of energy, and supplying the muscles with nutrients with which to build new muscle tissue. If you suddenly stop using this energy and building materials, your body won't automatically stop creating this energy, and it must be put to work on the nutrients. Since you no longer make demands for new muscle tissue, the energy will turn the nutrients into excess fat tissue. And then where would you be?



STRONG, MANLY MEN CAN'T HELP BUT WIN THE ADMIRATION OF THE WOMEN FOLKS... JOE BONOMO ILLUSTRATES THE FAMILIAR PHRASE..."JUST SURROUNDED WITH GALS"

A handsome, husky body was worth working to achieve. It's all yours to keep or lose. It is also worth some work to maintain. Nothing is permanent in this world. Life is dynamic, not static! A new car must be cared for to prevent rust. And, a new body must also be looked after to avoid physical decay. Look yourself over. Study the proportions of your body. If you feel that you'd like wider shoulders, then select a few of the routines in which the deltoid muscles are brought to work. Repeat these routines, using slightly heavier weights than originally specified. If your legs are skimpy, try some of the leg bending routines.

If you feel that you still would like all-over development, then start the course again from scratch, using heavier weights where possible. In this way, you'll be assured of a complete muscle tour of your body. This is one way that you can continue...especially if your daily exercise routines were done with less than the recommended iron weight. On the other hand, if you've really progressed through the course, you'll find the "Life-long Exercise Routines" a great way to continue training on a daily schedule. The "Life-long Exercise Routines" are on Pages 220 & 221. They represent a scien-

INTERNATIONAL AUTHORITY ON HEALTH AND PHYSICAL DEVELOPMENT

LETTER NO. 10
10th WEEK

Joe Bonomo...

• 1841 BROADWAY
• NEW YORK, N.Y. 10023

INTERNATIONAL AUTHORITY ON HEALTH AND PHYSICAL DEVELOPMENT

tifically balanced set of sensational exercises that will give you the super muscle power you seek. Whatever you do, don't give up exercise. Continue to go to work and give yourself a complete daily workout.

The most important aspect of your training is regularity. And, in the past 10 weeks, you have overcome this hurdle by daily training. You're on a great schedule...and you'll find that what you do from now on will separate you from the boys. Weight training is like moving a big rock. Once you get it rolling, the rest comes easier and faster. Let the momentum of your past 10 weeks carry you through into bigger and better training.

At this time, I'd like to mention my autobiography, my book entitled "The Strongman"...and let you in on a special offer available only to those who have completed this Weight Training System. It took me over 10 years to locate the 750 pictures of all of the movies and stunts that I have done in my lifetime. Along with my life story, it took over 354 big 8½"x11" pages to illustrate and talk about my life...and to serve as an inspiration on what is possible, in the way of success, for those fellows who are determined to succeed in life.

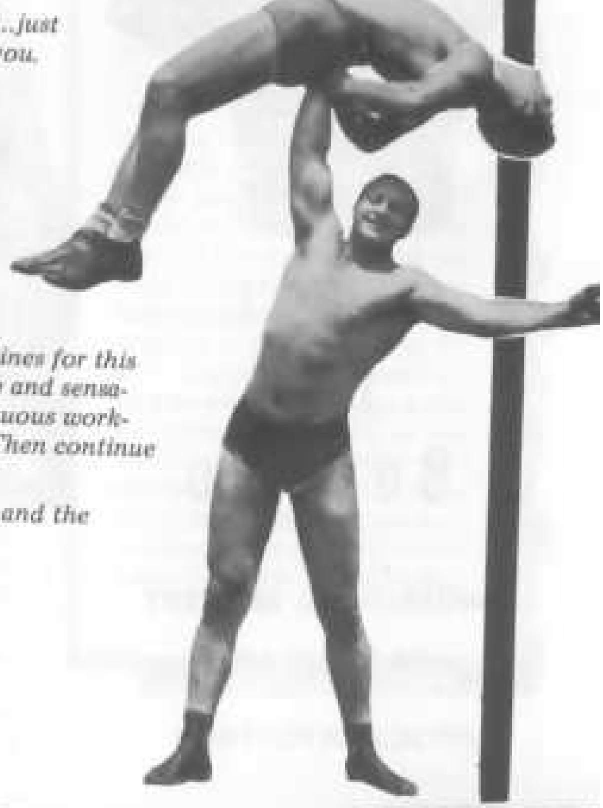
If you would like a copy of "The Strongman"...just write to me. I will personally autograph my book to you. Simply enclose your name and address (Print Plainly Please) together with $3.95 and your special copy will be shipped to you postpaid. If you would like to have the Deluxe Hard Cover Edition, enclose $7.95. If you would like to look over the brochure, before you buy, write to me and I'll send you a copy of this so that you can look it over. Address me at the address shown on this letterhead. That's all there is to it! I'll do the rest!

Okay! Now get on with the final workout routines for this your last week, for you will be introduced to some new and sensational body-building exercises. Put in some really strenuous workouts this week so that you can graduate with honors. Then continue with your "Life-long Routines" from now on.

My very best to you in your future life's work...and the greatest of success to you.

Your friend and instructor,

Joe Bonomo



JOE BONOMO...SHOWS THE PRACTICAL RESULTS OF SYSTEMATIC BARBELL TRAINING. HERE HE SHOWS HIS SUPERIOR MUSCULAR DEVELOPMENT, LIFTING A HEAVY-WEIGHT WITH ONE HAND.

LETTER
NO. 10
10th WEEK

QUESTIONS & ANSWERS

Meet Your Demonstrator

Terry Robinson

MEASUREMENTS

UPPER ARM	16"
FOREARM	13½"
CHEST	47"
WAIST	29"
THIGH	24"
CALF	16½"
NECK	16½"
WRIST	8½"
ANKLE	9"
HEIGHT	5' 6"
WEIGHT	160 LBS





by Joe Bonomo

INTERNATIONAL AUTHORITY ON HEALTH AND PHYSICAL DEVELOPMENT

QUESTIONS & ANSWERS 10th WEEK

QUESTION: When I complete this *"Barbell Training Course"*, where do I go from here?

ANSWER: In my letter for this week, I just about cover this. My advice to you is to keep working out now that you are in the habit of putting aside the time to exercise each day. At the same time, I would look at myself in the mirror and try to decide what part of my physique I should concentrate on just a little more. Then, I would select exercises from some of the past 10 weeks that are designed to build up this area of the body and include them in my daily *Lifelong Exercise Routines.* The *Anatomical Analysis* illustrations, that accompany most of the daily charts, point out the body area and muscle groups that are worked on.

QUESTION: I would like to broaden my shoulders and increase my arm muscles. How do I go about this?

ANSWER: Most fellows do. I find that *Barbell Training* is first taken up for this reason. They want to look good on the beach. However, I say this: Don't concentrate on only one part of the body at the expense of the rest of your physique. My *"Barbell Training Course"* is designed to give you all-around coverage...and this is the way you should build up your physique. Spot exercising should be done as an ultimate fill-in after you have built up your strength and muscle. If you've read all my lesson material so far, you will have discovered that body-building is an art.

QUESTION: I am not completely satisfied with the progress that I have made. Could there be some reason for this?

ANSWER: There certainly is...and it's *you yourself!* You have gone through nine weeks of course training that is recognized as the greatest body-building system available to you today. You must realize that this *"Barbell Training Course"* is designed for all types of fellows, of all ages, and of all physiques. I can only suggest the kind of weight you should start out with. You must determine for yourself, always, what is the best for you. If you haven't progressed as rapidly as you've wanted...perhaps it's because you haven't put everything into doing your daily routines as they should have been done. My advice is to sit down and go over, in your own mind, as to whether you've cheated yourself by using lighter iron than you should have in order to go through your daily exercise periods faster and easier. You should be pleasantly tired at the finish of every day...and satisfied, in your heart, that you have put in a good exercise session.

QUESTION: If I am not satisfied with my workouts, after being honest with myself, what would be my next step?

ANSWER: There's only one next step. Go through the entire *"Barbell Training Course"* again. This time, be determined that you are going to succeed...where you have failed. You're much stronger than when you first started nine weeks ago, so you are going to have to add more iron weight to every exercise you do ...and enough to pleasantly tire you as you finish each routine. This time, be really determined to get the most out of every exercise routine. You have cheated yourself once and for all. Now, you are going to accomplish what you set out to do a long time ago. Now, you are going to build your physique...and succeed!

QUESTION: If I am satisfied with my progress, and I have accomplished what I set out to do...can I stop now?

ANSWER: No! Even the fellows with the greatest physiques will tell you that exercise, of one sort or another, is a continuing process. The worst thing that you could do to yourself is to quit while you are ahead! Continue with the *Lifelong Exercise Routines*...and get in a thorough and strenuous period of daily exercise.

Memo from J.B.

I cannot emphasize too strongly the importance of exercising every day. And, now that you are almost through this entire Barbell Training Course, *your daily workouts should be planned so that you'll be able to continue after you are finished this week...and come to the end of this training course. I work out every day of my life ...even to this day...and I've never a moment of regret for the small time it takes out of my daily life. In fact, my exercise periods are considered a part of my life...just as dressing and shaving is part of my daily activity. It is a lot less time consuming to spend a few minutes a day exercising for good health...than to keep running to drug stores to get a prescription filled because of bad health! My most important advice to you is this: Make every day a day for exercise... and enjoy the greatest wealth a man can have...*Good Health!

THE NERVOUS SYSTEM

Emergency and control transmission system to protect your physical welfare

Without the system of nerves with which nature has endowed your body, you would be a senseless, soundless, sightless, motionless, unprotected mass of living material.

The central nervous system gives you contact with the world around you. This system of nerves gives you awareness that you are alive---without it, you would know no pleasure, no physical or mental stimulation, no pain.

Because of the great dependence your body places in its nervous system, nature has given it maximum protection from injury. The central system is completely encased in a cavity of bone.

By means of this highly protected system, messages come from all parts of the body to the brain. There, decisions are made; some voluntary, some automatic. Messages of command are then sent back with lightening speed to the part of the body delegated to carry them out. There your body is protected from injury, is able to move from place to place, can nourish itself, grow and recreate itself.

The anatomy of the central nervous system can best be analyzed by a study of nerve cell, or NEURON.

From the cell-body of the neuron a long fibre extends out. This fibre makes contact with the outer part of your body...for instance, it can make connection with a muscle. The fibre is part of the nerve cell, connecting the cell body with the muscle. When demands are made by the brain to move the muscle, impulses from the cell-body are sent along the fibre and are transmitted to the muscle. Nervous energy is thus transformed into muscular energy, resulting in muscular contraction.

Another neuron may have the fibre going out to the skin. When the skin is pricked, or feels heat or cold, the impulse would be carried to the skin inward to the cell. This gives the sensation of feeling which the brain receives. The brain then uses the muscle-control neuron, sending a message to the muscle to contract. This draws the skin away from the source of the sensation. If the source is dangerous to the skin, the inward message goes quickly. The brain, too, responds with speed, telling the muscle neuron to do its job. However, this takes some time, and invariably a slight injury such as a skin-burn is received. However, the injury is not as fatal as it could be if the nerves failed in their function.

The nerve cells are connected to each other in intricate groups, much too complicated to be described here. These groups work in coordination---enabling many muscles to be brought into play at the same time. Thus the nervous system consists of thousands of neurons, grouped together in masses called GANGLIA, each connected by fibres with other nerve cells.

The central nervous system from the skull, down to the tip of the spine, is composed of these ganglia. Entering it from all parts of the body are nerve fibres. Some of these may begin at the skin, in what is called an END-PLATE, designed for feeling. Others of these nerve-fibres terminate in a muscle.

From this brief description, you can easily see that we have two sets of nerves. One set, the SENSORY NERVES, carries impulses from the end organs of sense in the skin, or from special sense organs such as the eye or ear. The other set of nerves, the MOTOR NERVES, carry impulses from the central ganglia to the muscles. The incoming impulses are called AFFERENT IMPULSES. The outgoing messages are called EFFERENT IMPULSES.

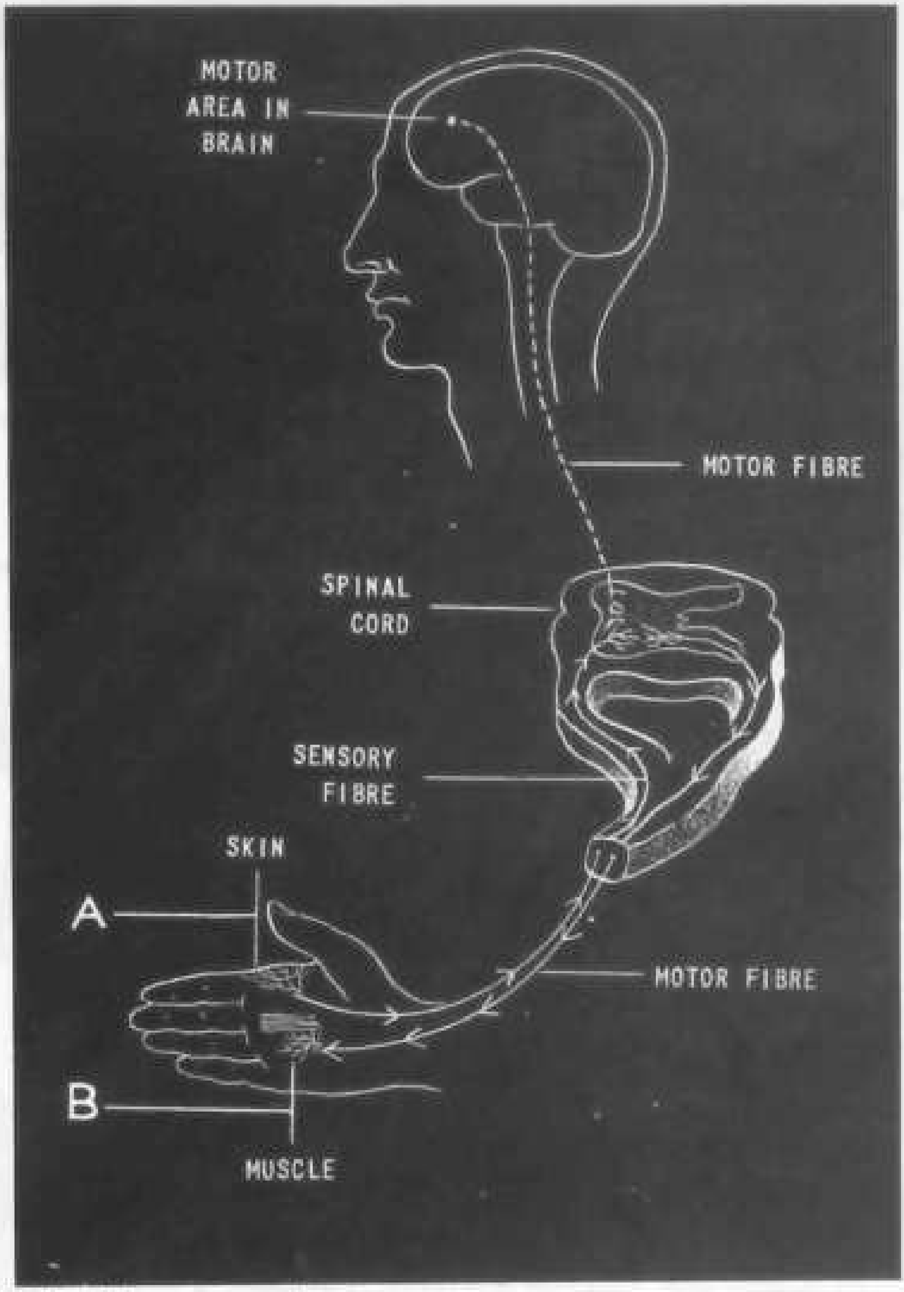
In addition to the central nervous system, there is another nervous system which acts independently of the brain. The autonomic (self controlling system governs the action of the heart and abdominal organs, the adrenal glands, the salivary glands, and the functions of the bladder and rectum. This system of involuntary nerves is strongly influenced by fear, anger and pain. Fear, for example, may stop digestion, cause evacuation of the bowels, or accelerate the heart action.

MUSCLE-DIAGRAM

ILLUSTRATIONS

by DR. JOHN GILMORE

MEDICAL ILLUSTRATOR FOR AUTHORITATIVE MEDICAL JOURNALS AND SCIENTIFIC RESEARCH ORGANIZATIONS.



This is one of the reasons I strongly advise every student to try to lead a normal life -- without hectic hustle, worry and overstriving or indulgence. Many people become sick because of their minds. Try not to fret or worry about things. Think for a moment about all the problems you worried about last week, last month, last year. Think of the energy and time you've wasted worrying -- yet you are still alive and healthy...even studying a course to give you better health, energy and drive. Don't use up your nervous energy, stimulating its flow by fear, so that it disorders the entire system. Use your energy wisely. When you worry, you fear. This causes the energy to flow to stimulate muscles into action. But you do not move the muscles, and the energy must expend itself somewhere. Before long, too many false alarms like this, and the nervous system starts to resent it. It refuses to work, and goes out of order. This, in turn, causes other parts of the nervous system to be disordered. Your digestion goes wrong, your bowels become upset - and, in short, you become sick.

Use your nervous energy by turning it into physical energy. Do this by taking long, easy, healthy walks, by following this barbell strength building program, by swimming, riding...by reading books to stimulate your mental activities. This is the only way to avoid a nervous breakdown. This is the only certain road to physical and mental well being.



JOE BONOMO

PROFESSIONAL
MUSCLE-BUILDING BARBELL SYSTEM



A.

STARTING POSITION

EXHALE...INHALE AS WEIGHT AS RAISED STRAIGHT UP.

B.

UP POSITION

EXHALE AS WEIGHT IS SLOWLY LOWERED.



CHART NO. 55
10th WEEK

PHOTO INSTRUCTOR CHART No. 55

10 th week

RECOMMENDED DUMBBELL WEIGHTS
12½ TO 15 LBS. EACH

DEMONSTRATED BY
TERRY ROBINSON

DUMBBELL WARM-UP ROUTINE NO. 11

DETAILED TRAINING INSTRUCTIONS for "Dumbbell Leg Raise"

STARTING POSITION

Lie on back, with dumbbell placed between legs, soles of feet against one set of plates. Position A

MUSCLE MOVEMENT

1. Raise the dumbbell as high as possible with the legs, by pressing the feet firmly together. Position B
2. Lower the dumbbell to the Starting Position A.

BREATHING TEMPO

Exhale at start. Inhale during "up" movements. Exhale during "down" movements.

TRAINING COMMENTS

Place hands over crotch as a safety measure in case weight slips. As an added precaution, a strap can be passed around legs, hooking the dumb-bell plates within it.



FOOT GRIP WITH STRAP

TRAINING SCHEDULE

- 1st Day, complete movement five times ☐
- 2nd Day, complete movement six times ☐
- 3rd Day, complete movement seven times ☐
- 4th Day, complete movement eight times ☐
- 5th Day, complete movement nine times ☐
- 6th Day, complete movement ten times ☐

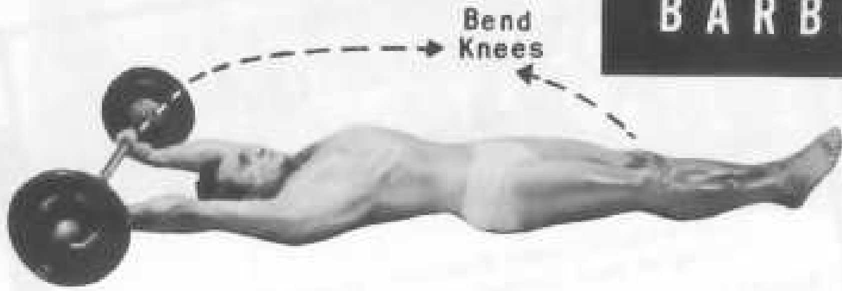
Rest on seventh day. Check ✓ box each day when routine has been completed.

CHART No. 55
10 th WEEK

CHART NO. 55 10th WEEK

DEMONSTRATED BY
TERRY ROBINSON

PROFESSIONAL MUSCLE-BUILDING BARBELL SYSTEM



A.

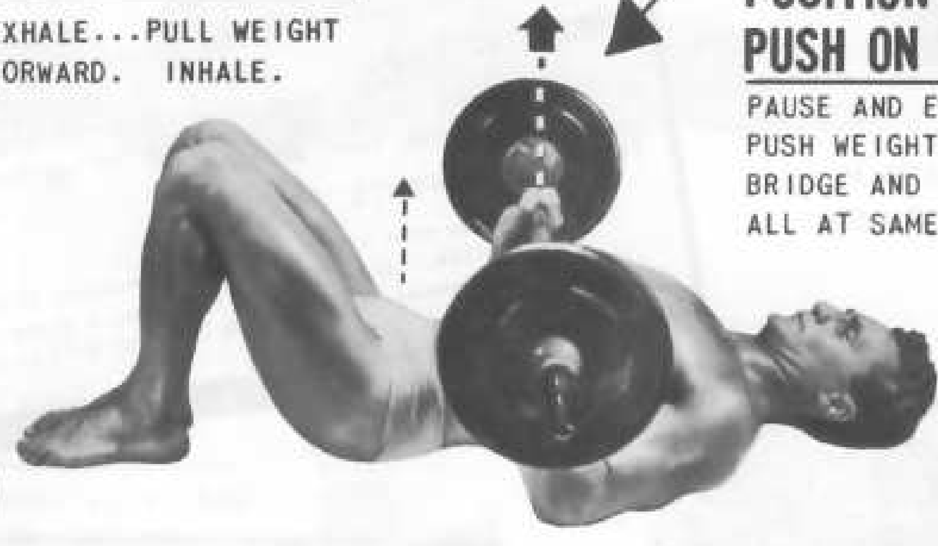
STARTING POSITION

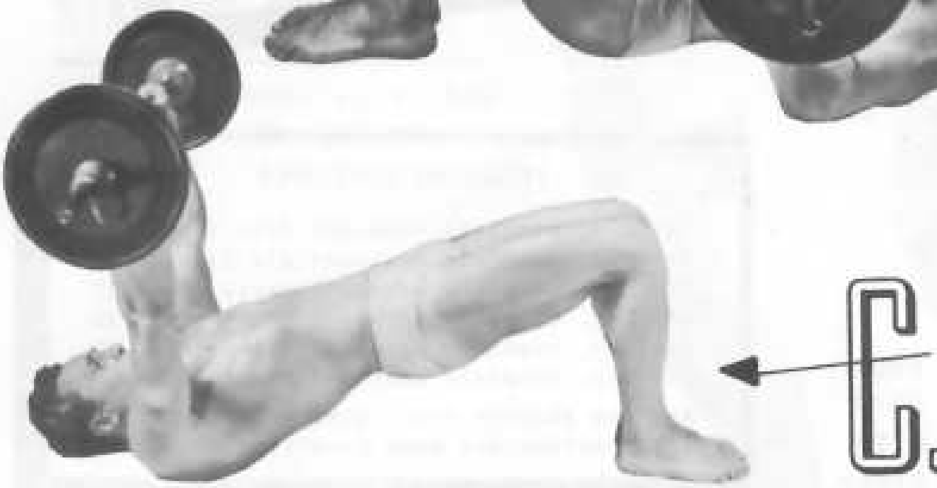
EXHALE...PULL WEIGHT FORWARD. INHALE.

B.

POSITION PUSH ON BACK

PAUSE AND EXHALE... PUSH WEIGHT UP... BRIDGE AND INHALE ALL AT SAME TIME.





C.

BRIDGE POSITION

HOLD WEIGHT OVERHEAD... PAUSE AND EXHALE.

INHALE AGAIN AS WEIGHT AND ARMS ARE LOWERED.

CHART NO. 56
10th WEEK

CHART No. 56
10th WEEK

PHOTO INSTRUCTOR CHART No. 56

10th week

RECOMMENDED BARBELL WEIGHT
50 TO 75 LBS.

BARBELL STRENGTH ROUTINE NO. 43

DETAILED TRAINING INSTRUCTIONS for "Pull Over & Push on Back with Bridge"

STARTING POSITION

Lie on floor with center of bar behind head. Grasp bar as in Position A.

MUSCLE MOVEMENT

1. Pull weight over your face until the upper arms (triceps) rest on floor.
2. Bend the knees, placing heels close to buttocks so that legs are vertical. Position B
3. Impel the weight to arm's length overhead, at the same time "bridging", by raising hips from floor. Keep the shoulders on floor. Position C
4. Return weight to Start A...doing each movement in reverse.

BREATHING TEMPO

1. Exhale at Start A. Inhale as weight is brought over face.
2. Exhale at B.
3. Inhale as weight is thrust up. Pause and exhale.
4. Inhale when weight is lowered. Pause and exhale.
5. Inhale when returning weight to Start A. Exhale ready to repeat.

TRAINING COMMENTS

This is an excellent coordination routine. During the bridge and upward thrust, expand the chest to the fullest girth...breathing deeply. Also, breathe deeply when weight is lowered.

TRAINING SCHEDULE

1st Day,	5 times ☐	4th Day,	8 times ☐
2nd Day,	6 times ☐	5th Day,	9 times ☐
3rd Day,	10 times ☐	6th Day,	5 times ☐

Rest on seventh day. Check ✓ box each day when routine has been completed.

CHART NO. 56 10th WEEK

DEMONSTRATED BY

TERRY ROBINSON

PROFESSIONAL

MUSCLE-BUILDING BARBELL SYSTEM

PHOTO INSTRUCTOR CHART No. 57

10 th week



A.

STARTING POSITION

USING BOTH HANDS LIFT BARBELL TO SHOULDER.



B.

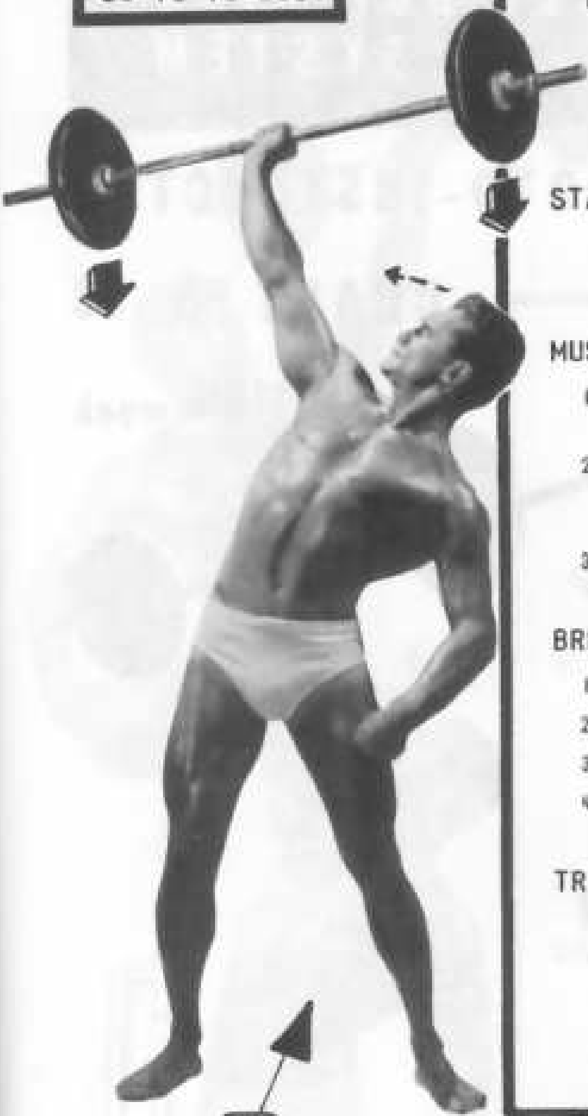
MID - POSITION

BALANCE WEIGHT IN ONE HAND...EXHALE.

CHART No. 57

10 th WEEK

RECOMMENDED
BARBELL WEIGHT
50 TO 75 LBS.



C.

ARM PUSH POSITION

BEND TO SIDE...
PUSH WEIGHT UP...
INHALE. PAUSE
AND EXHALE.

BARBELL STRENGTH ROUTINE NO. 44

DETAILED TRAINING INSTRUCTIONS for "One Arm Push"

STARTING POSITION

Take the barbell to the shoulder, using both hands. Then transfer the weight to the one hand only. Position A.

MUSCLE MOVEMENT

1. Lift the arm slightly, so that the elbow is clear off the body. Position B.
2. Keeping the legs straight, bend the trunk slightly to the side. At the same time, push the weight upward until the arm is straight. Position C.
3. Pause...then return to start, by reversing entire movement.

BREATHING TEMPO

1. Exhale as elbow is lifted from side. Position B.
2. Inhale while bending body and pushing weight overhead.
3. Exhale during pause.
4. Inhale when weight is returned to shoulder. Exhale ready to repeat.

TRAINING COMMENTS

The principle of the "Arm Push" is somewhat similar to the Bent Press. However, there are differences in the application. The upper arm is not allowed to "rest" on the body. The trunk is bent, but the legs must remain straight throughout. No support from the disengaged hand or arm is permitted.

TRAINING SCHEDULE

1st Day, five times each hand ☐
2nd Day, six times each hand ☐
3rd Day, seven times each hand ☐
4th Day, seven times each hand ☐
5th Day, eight times each hand ☐
6th Day, ten times each hand ☐

Repeat with right hand, then left, then right, alternately. Rest on seventh day. Check ✓ box each day when routine has been completed.

CHART
NO. 57
10th WEEK

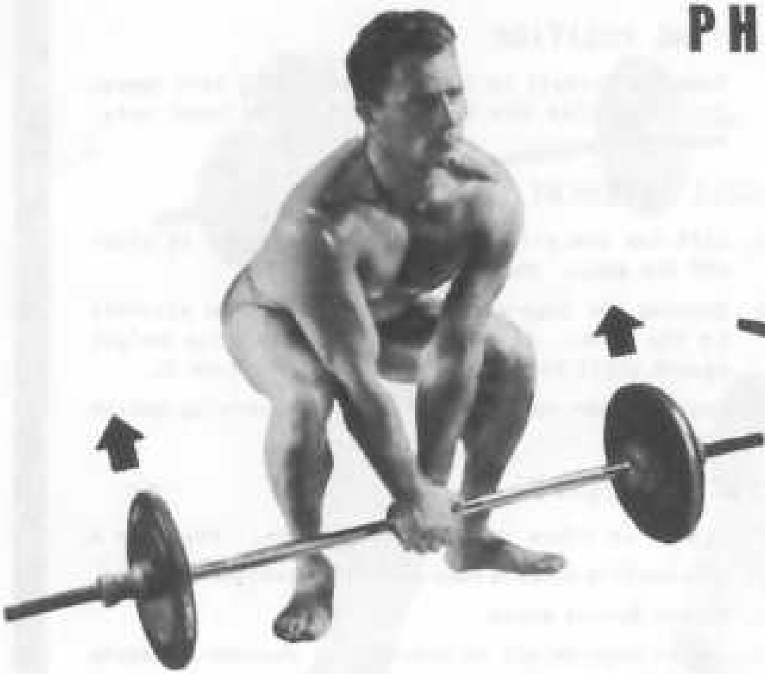
DEMONSTRATED BY
TERRY ROBINSON

PROFESSIONAL MUSCLE-BUILDING BARBELL SYSTEM

PHOTO-INSTRUCTOR

CHART No. 58

10th week



A.

STARTING POSITION

EXHALE AT START...
INHALE AS WEIGHT
IS RAISED OVERHEAD.



B.

STRAIGHT ARM POSITION

SWITCH WEIGHT TO ONE HAND..
PAUSE AND EXHALE.

RECOMMENDED
BARBELL WEIGHT
50 TO 75 LBS.

TRAINING SCHEDULE

1st Day, five times each hand ☐
2nd Day, five times each hand ☐
3rd Day, six times each hand ☐
4th Day, eight times each hand ☐
5th Day, eight times each hand ☐
6th Day, eight times each hand ☐

Rest on seventh day. Check ✓ box each day when routine has been completed.



C.

SQUAT POSITION

INHALE AS BODY IS LOWERED.. PAUSE AND EXHALE ...INHALE AS YOU RISE ERECT AGAIN.

CHART No. 58
10th WEEK

BARBELL STRENGTH ROUTINE NO. 45

DETAILED TRAINING INSTRUCTIONS for "Knee Bending"

WEIGHT OVERHEAD-ONE HAND HOLD

STARTING POSITION

Grasp bar in center, evenly balanced. Position A.

MUSCLE MOVEMENT

1. Take the bar to arm's length overhead, using both hands. Then shift weight to one hand only. Position B.
2. Slowly bend knees to lower body in position of squat. Raise heels. Position C.
3. Rise to Position B, then lower weight to starting position, using both hands again.

BREATHING TEMPO

1. Exhale at start. Inhale as weight is raised overhead. Exhale while shifting weight to one hand.
2. Inhale as body is lowered to squat. Pause and exhale. Position C.
3. Inhale on return to B. Pause and exhale. Inhale as weight is lowered to start. Exhale, ready to repeat.

TRAINING COMMENTS

Keep your eyes on the weight throughout this movement. You may aid maintain your balance by placing the unused hand on your thigh. Alternate by using the other hand to hold weight overhead.

DEMONSTRATED BY

TERRY ROBINSON

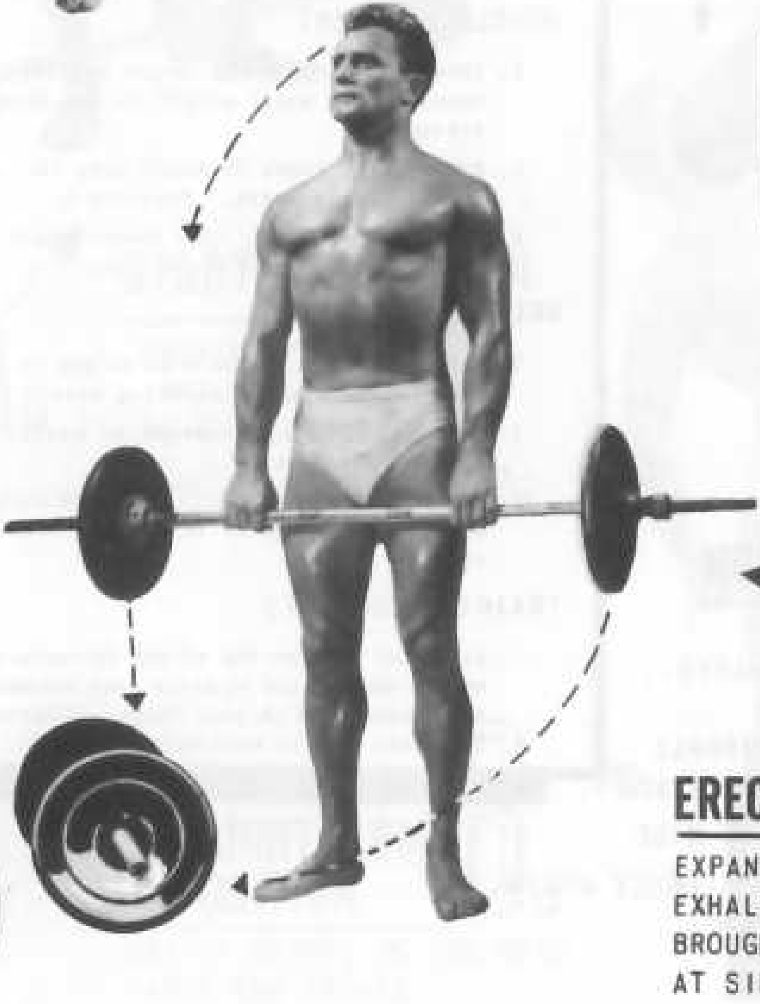
PROFESSIONAL MUSCLE-BUILDING BARBELL SYSTEM



A. STARTING POSITION

EXHALE AT START... INHALE AS WEIGHT IS RAISED TO THIGHS.

RECOMMENDED BARBELL WEIGHT
50 TO 75 LBS.



B. ERECT POSITION

EXPAND CHEST FULLY... EXHALE AS WEIGHT IS BROUGHT NEAR FLOOR AT SIDE.

CHART NO. 59
10th WEEK

CHART No.59
10th WEEK

PHOTO INSTRUCTOR CHART No.59

10th week

BARBELL STRENGTH ROUTINE NO. 46

DETAILED TRAINING INSTRUCTIONS for "Barbell Side to Side Lift"

STARTING POSITION

Stand close to barbell, feet apart. Grasp the bar with both hands slightly more than shoulder width apart. Position A.

MUSCLE MOVEMENT

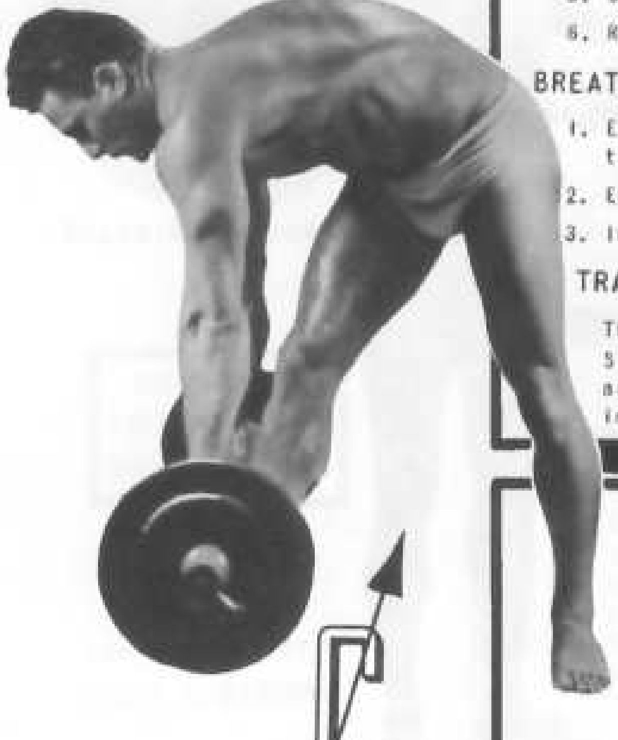
1. Stand erect, raising the barbell to thighs. Position B.
2. Now bend to right side, barely touching the floor with the plates. Position C.
3. Stand erect again.
4. Bend to left side, barely touching floor with plates.
5. Stand erect.
6. Return to start.

BREATHING TEMPO

1. Exhale at start. Inhale as barbell is raised to thigh.
2. Exhale as barbell is lowered to side.
3. Inhale on coming erect.

TRAINING COMMENTS

This is an excellent routine to develop the LATISSIMUS DORSI across the back. The SERRATUS MAGNUS and OBLIQUUS EXTERNUS muscles are also brought into play.



C.

SIDE POSITION

COMPLETION EXHALATION... INHALE AS WEIGHT IS RAISED AGAIN.

TRAINING SCHEDULE

1st Day, ten time each side	☐
2nd Day, twelve times each side	☐
3rd Day, twelve times each side	☐
4th Day, ten times each side	☐
5th Day, ten times each side	☐
6th Day, eight times each side	☐

Rest on seventh day. Check ✓ box each day when routine has been completed.

CHART No. 59 10th WEEK

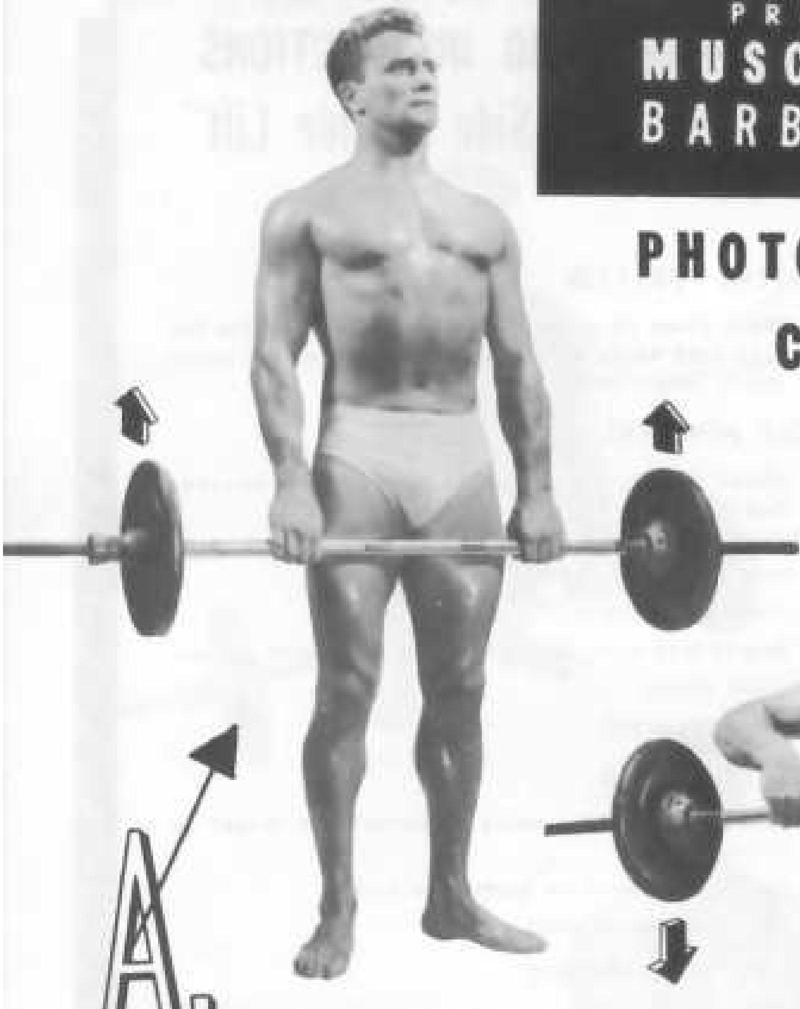
PROFESSIONAL

MUSCLE-BUILDING BARBELL SYSTEM

PHOTO-INSTRUCTOR

CHART No. 60

10th week



A. STARTING POSITION

EXHALE AT START...
QUICKLY RAISE WEIGHT
WITH ARMS...
INHALE DEEPLY.

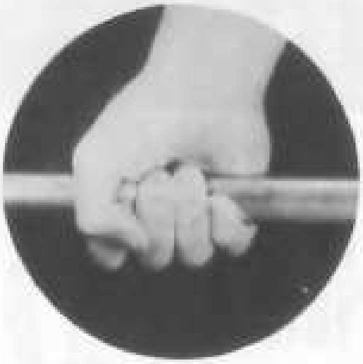


B. HIGH LIFT POSITION

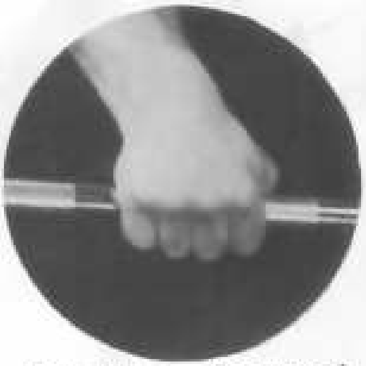
LOWER WEIGHT SLOWLY
TO STARTING POSITION...
EXHALE...READY TO REPEAT.

CHART
NO. 60
10th WEEK

ALTERNATE GRIPS



Knuckles Backwards!



Knuckles Forward!

RECOMMENDED BARBELL WEIGHT
50 TO 75 LBS.

DEMONSTRATED BY
TERRY ROBINSON

CHART No. 60
10 th WEEK

BARBELL STRENGTH ROUTINE NO. 47

DETAILED TRAINING INSTRUCTIONS for "High Dead Lift"

STARTING POSITION

Stand close to barbell, feet at comfortable distance apart. Grasp bar with both hands, knuckles forward, shoulder width apart. (Alternate lift, by grasping bar with knuckles backwards.) Position A

MUSCLE MOVEMENT

1. In one quick continuous movement, lift barbell from floor, as high as possible without passing shoulder line.
2. Lower barbell, but do not let it rest on floor.
3. Repeat without stopping the scheduled number of times.

BREATHING TEMPO

1. Exhale at start. Inhale during up-lift.
2. Exhale on downward movement.
3. Inhale again on each up-lift, expanding chest fully.

TRAINING COMMENTS

Try to develop smooth rhythm and harmonious breathing during this routine. On first day, grasp bar with knuckles forwards. On second day, grasp bar with knuckles backwards. Alternate each other day.

TRAINING SCHEDULE

- 1st Day, Knuckles forward, ten times ☐
- 2nd Day, Knuckles backwards, ten times ☐
- 3rd Day, Knuckles forward, twelve times ☐
- 4th Day, Knuckles backwards, twelve times ☐
- 5th Day, Knuckles forward, fifteen times ☐
- 6th Day, Knuckles backwards, fifteen times ☐

Rest on seventh day. Check ✓ box each day when routine has been completed.

PROFESSIONAL
MUSCLE-BUILDING BARBELL SYSTEM

PHOTO-INSTRUCTOR CHART No. 61

10th week

A.



STARTING POSITION

RAISE BOOT WITH THIGH UNTIL KNEE IS AS HIGH AS POSSIBLE...INHALE...

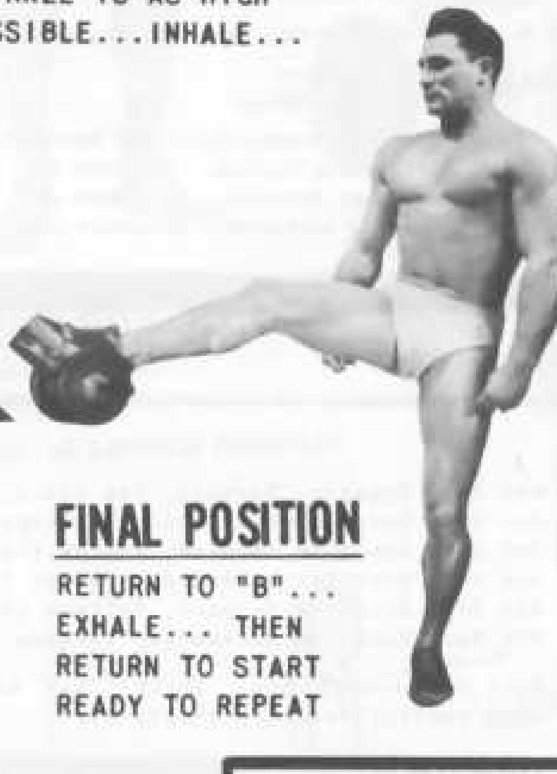
B.



"KICK" POSITION

EXTEND LEG BY "KICKING" OUT... HOLD BALANCE & EXPAND CHEST...

C.



FINAL POSITION

RETURN TO "B"... EXHALE... THEN RETURN TO START READY TO REPEAT

REPEAT 5 TIMES EACH LEG

SPECIAL EQUIPMENT ROUTINE No. 3

for "Boot Kick"

CHART NO. 61 10th WEEK

CHART Nos. 61 & 62
10 th WEEK

PHOTO-INSTRUCTOR
CHART No.62 10th week



A.

STARTING POSITION

KEEPING LEG STRAIGHT... RAISE BOOT SIDEWAYS... INHALE...

B.



RAISE POSITION

CONTINUE MOVEMENT UPWARD & SLIGHTLY FORWARD... EXPAND CHEST FULLY



C.

FINAL POSITION

HOLD... THEN LOWER TO START EXHALING SLOWLY!

SPECIAL EQUIPMENT ROUTINE No. 4

DETAILED TRAINING INSTRUCTIONS for "Leg Raise"

REPEAT 5 TIMES EACH LEG

DEMONSTRATED BY
TERRY ROBINSON

CHART NO. 62 10th WEEK

PROFESSIONAL
MUSCLE-BUILDING BARBELL SYSTEM

A. STARTING POSITION

STRAP BOOTS SECURELY TO FEET... LIE ON BACK...BEND KNEES AND INHALE...



B. BENT-KNEE POSITION



C. "CYCLE" POSITION

CONTINUE TO INHALE... PRESS HARD WITH HANDS... STRAIGHTEN LEGS UNTIL BOOTS ARE OVER FACE...

MOVE HANDS UNDER HIPS.. PAUSE AND EXHALE

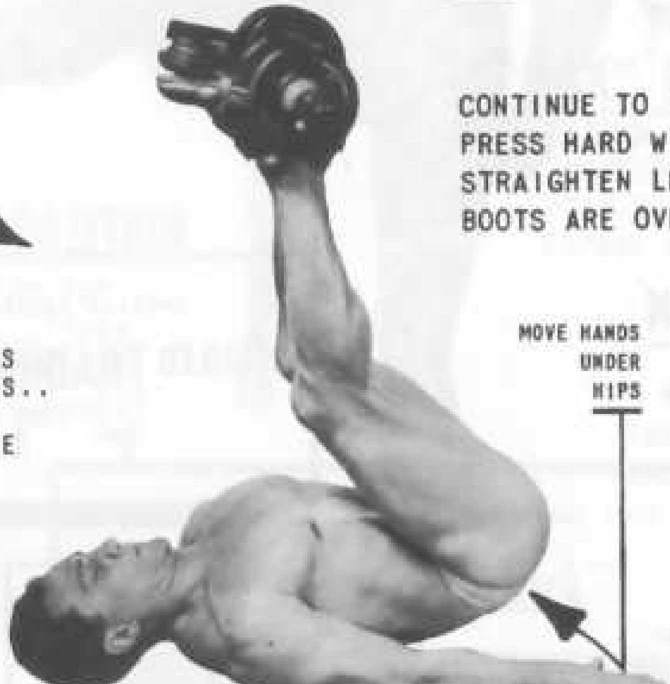


CHART NO. 63 10th WEEK

PHOTO-INSTRUCTOR

CHART No.63

10th week

CHART No.63
10 th WEEK

DEMONSTRATED BY
TERRY ROBINSON



D. **FINAL POSITION**

REVOLVE FEET IN A CIRCULAR MOTION...AS IF PEDALING A BICYCLE... RETURN TO START AFTER A THOROUGH WORKOUT

SPECIAL EQUIPMENT ROUTINE No. 5

for "Double Leg Raise & Cycle"

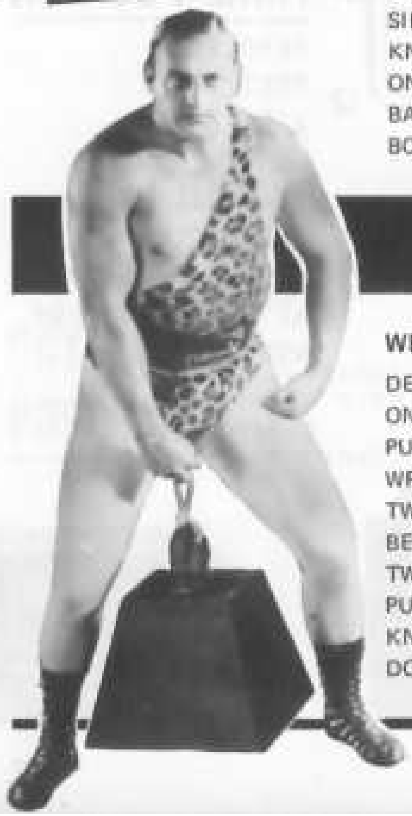
CHART NO. 63 10th WEEK

Lifelong Exercise

MONDAY

ON EXERCISING:

These exercises are scientifically arranged so that you go through a balanced exercise "from-head-to-toe" session every week. Every important muscle of the body is covered in proportion to the emphasis necessary for building and strengthening specific areas of the body. As you go through each of the daily sessions, you will discover that your lifts are improving in form as well as in the additional weight you are using. If you neglect to do one of the day's sessions, add a few of the missed exercises to your next day's workout so that by the end of the week, you will have completed all of the exercises for the week.



MONDAY'S LIFELONG EXERCISE ROUTINES	CHART NO.	PAGE NO.
STIFF LEGGED WEIGHT LIFT (Warm-Up Routine No. 7)	32	122 & 123
HORIZONTAL DUMBBELL RAISE (Warm-Up Routine No. 10)	49	184 & 185
LEG & FOOT DEVELOPER (Barbell Strength Routine No. 3)	5	26 & 27
ONE HAND GET UP (Barbell Strength Routine No. 24)	30	110 & 111
TWO HANDS CLEAN & JERK (Strength Routine No. 35)	45	168 & 169
BENT PRESS (Barbell Strength Routine No. 38)	50	186 & 187
TWO HANDS SNATCH (Barbell Strength Routine No. 42)	54	194 & 195
KNEE BENDING (Barbell Strength Routine No. 45)	58	210 & 211
HIGH DEAD LIFT (Barbell Strength Routine No. 47)	60	214 & 215
DOUBLE LEG RAISE & CYCLE (Spec. Equip. Routine No. 5)	63	218 & 219

TUESDAY

TUESDAY'S LIFELONG EXERCISE ROUTINES	CHART NO.	PAGE NO.
DUMBBELL SWING (Warm-Up Routine No. 3)	8	40 & 41
DUMBBELL LEG RAISE (Warm-Up Routine No. 11)	55	204 & 205
SIDE BENDING BARBELL OVERHEAD (Strength Routine No. 10)	13	50 & 51
TWO HAND GET UP (Barbell Strength Routine No. 23)	29	108 & 109
ONE HAND SNATCH (Barbell Strength Routine No. 31)	40	150 & 151
SIDE BENDING (Barbell Strength Routine No. 37)	47	172 & 173
KNEE BENDING (Barbell Strength Routine No. 41)	53	192 & 193
ONE ARM PUSH (Barbell Strength Routine No. 44)	57	208 & 209
BARBELL SIDE-TO-SIDE LIFT (Strength Routine No. 46)	59	212 & 213
BOOT KICK (Special Equipment Routine No. 3)	61	216

WEDNESDAY

WEDNESDAY'S LIFELONG EXERCISE ROUTINES	CHART NO.	PAGE NO.
DEEP KNEE BEND ON TOES (Warm-Up Routine No. 5)	20	82 & 83
ONE HAND DUMBBELL CONTINUOUS SWING (WU Routine No. 9)	38	146 & 147
PULL OVER AT ARM'S LENGTH (Strength Routine No. 15)	19	72 & 73
WRIST ROTATING (Barbell Strength Routine No. 22)	28	106 & 107
TWO HAND CLEAN & JERK (Barbell Strength Routine No. 35)	45	168 & 169
BENT PRESS (Barbell Strength Routine No. 38)	50	186 & 187
TWO HAND SNATCH (Barbell Strength Routine No. 42)	54	194 & 195
PULL OVER & PUSH ON BACK (With Bridge)(Strength Routine 43)	56	206 & 207
KNEE BENDING (Barbell Strength Routine No. 45)	58	210 & 211
DOUBLE LEG RAISE & CYCLE (Spec. Equip. Routine No. 5)	63	218 & 219

Routines

THURSDAY

THURSDAY'S LIFELONG EXERCISE ROUTINES	CHART NO.	PAGE NO.
TWO DUMBBELL CURL (Warm-Up Routine No. 4)	14	62 & 63
DUMBBELL LEG RAISE (Warm-Up Routine No. 11)	55	204 & 205
RAISE IN FRONT (Barbell Strength Routine No. 14)	18	70 & 71
ONE HAND GET UP (Barbell Strength Routine No. 24)	30	110 & 111
ONE HAND SNATCH (Barbell Strength Routine No. 31)	40	150 & 151
TWO HAND JERK (Barbell Strength Routine No. 36)	46	170 & 171
KNEE BENDING (Barbell Strength Routine No. 41)	53	192 & 193
ONE ARM PUSH (Barbell Strength Routine No. 44)	57	208 & 209
HIGH DEAD LIFT (Barbell Strength Routine No. 47)	60	214 & 215
LEG RAISE (Special Equipment Routine No. 4)	62	217



FRIDAY

FRIDAY'S LIFELONG EXERCISE ROUTINES	CHART NO.	PAGE NO.
TWO DUMBBELL SWING & SPLIT (Warm-Up Routine No. 8)	37	144 & 145
HACKE EXERCISE (Barbell Strength Routine No. 13)	17	68 & 69
TWO HAND GET UP (Barbell Strength Routine No. 23)	29	108 & 109
COMBINATION PRESS & KNEE BEND (Strength Routine No. 29)	36	130 & 131
TWO HAND CLEAN & JERK (Barbell Strength Routine No. 35)	45	168 & 169
SIDE BENDING (Barbell Strength Routine No. 37)	47	172 & 173
BENT PRESS (Barbell Strength Routine No. 38)	50	186 & 187
TWO HAND SNATCH (Barbell Strength Routine No. 42)	54	194 & 195
KNEE BENDING (Barbell Strength Routine No. 47)	60	214 & 215
DOUBLE LEG RAISE & CYCLE (Spec. Equip. Routine No. 5)	63	218 & 219

SATURDAY

SATURDAY'S LIFELONG EXERCISE ROUTINES	CHART NO.	PAGE NO.
ROWING MOVEMENT (Dumbbell Warm-Up Routine No. 6)	26	102 & 103
DUMBBELL LEG RAISE (Warm-Up Routine No. 11)	55	204 & 205
NECK BRIDGE (Barbell Strength Routine No. 21)	27	104 & 105
WRIST ROTATING (Barbell Strength Routine No. 22)	28	106 & 107
ONE HAND SNATCH (Barbell Strength Routine No. 31)	40	150 & 151
HOLD OUT IN FRONT (Barbell Strength Routine No. 40)	52	190 & 191
KNEE BENDING (Barbell Strength Routine No. 41)	53	192 & 193
PULL OVER & PUSH ON BACK (w/Bridge)(Routine No. 43)	56	206 & 207
ONE ARM PUSH (Barbell Strength Routine No. 44)	57	208 & 209
WRIST & FOREARM BUILDER (Spec. Equip. Routine No. 2)	48	182 & 183

ON ADDING WEIGHT:

Like most other things, the more you put into it, the more you get out of it! This is the way it is with muscle-building. If you make each day's workout a session of strenuous activity...and you are determined to strengthen your body and build and harden your muscle, your workouts should be sincere and strenuous. Use enough iron weight to make certain that you are securing all the muscle-building benefits you can obtain. Keep adding to the weight each day...for it is a combination of heavy weight and sincere effort that is doing things for you. Whatever you do, keep to your daily schedule of workouts...and try to make each succeeding day's activity a little greater than the day before. Okay, GET GOING!

GRAPH YOUR MUSCLE GROWTH!

Ever notice when you meet a former acquaintance after an absence of several years, how much he has changed? Yet, if you had seen him at work every day, you would barely notice any change in his appearance. Take a tip from this fact. You meet yourself every day and can barely notice any change in your appearance or physique. Watching the growth of your muscles is virtually impossible. The daily improvement is very slight, although over a period of several weeks there may be an appreciable difference. By keeping a scientific graphical record of your muscular measurements, a definite trend is usually apparent. On this page are graph record-forms for such a purpose.

HERE'S HOW TO SCIENTIFICALLY RECORD YOUR MUSCLE DEVELOPMENT USING THESE CHARTS.

On this page are charts to record the muscle growth of your upper arms, your chest (measured fully expanded), your thighs, calves, waist and neck. To use these graphs is quite easy. First, before starting your first week's routine, measure your body. For example, say your biceps and triceps (upper arm) measures 13½", locate the 13½" point on the left margin of the upper arm chart. Mark this with a pencil dot. After your first week's workout is complete, measure the upper arm again. You will barely notice a difference, but measure it as accurately as possible. Above the line marked "1st week" mark a dot at a distance up equal to the new measurement. Now, join the first dot with the second. Repeat this above the second week's line after the second week's workout. Join the line again. At this stage the line should start to turn up, indicating by the slope the amount of improvement. Do this every week.

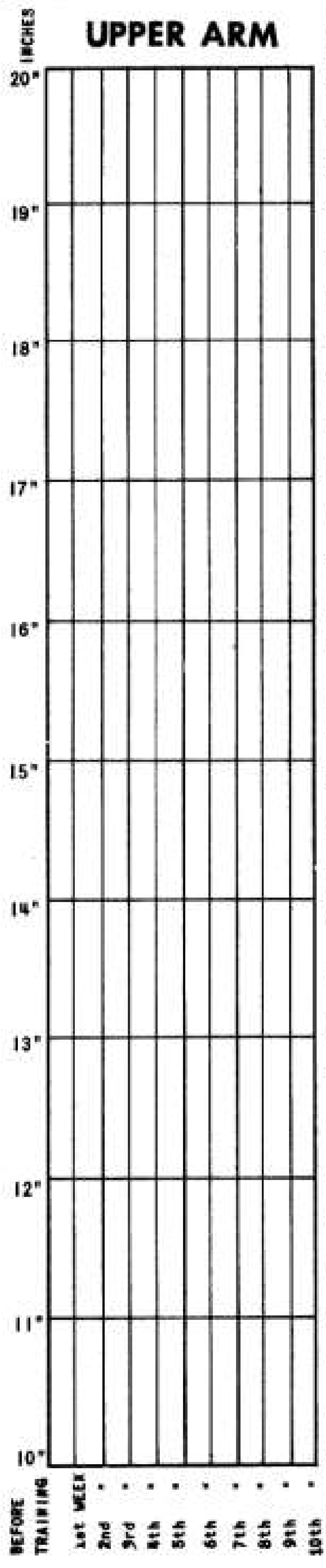
HOW TO READ YOUR OWN MUSCLE-GROWTH GRAPHS

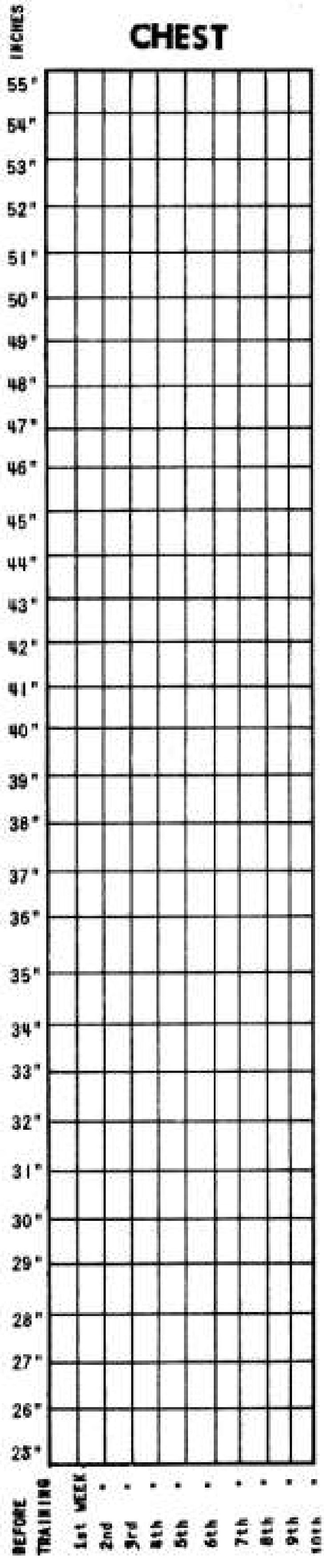
- A line going up means increased measurements.
- The steeper the line, the faster the rate of growth.
- A line going down, means that you are losing in measurement. This does not mean you are not becoming stronger or healthier. For instance, if you started overweight, you may first lose in measurement, because you are losing excess fatty tissue. So if the curve falls off, do not be discouraged, because before long, the curve normally turns upward, indicating growth of new virile muscle tissue.

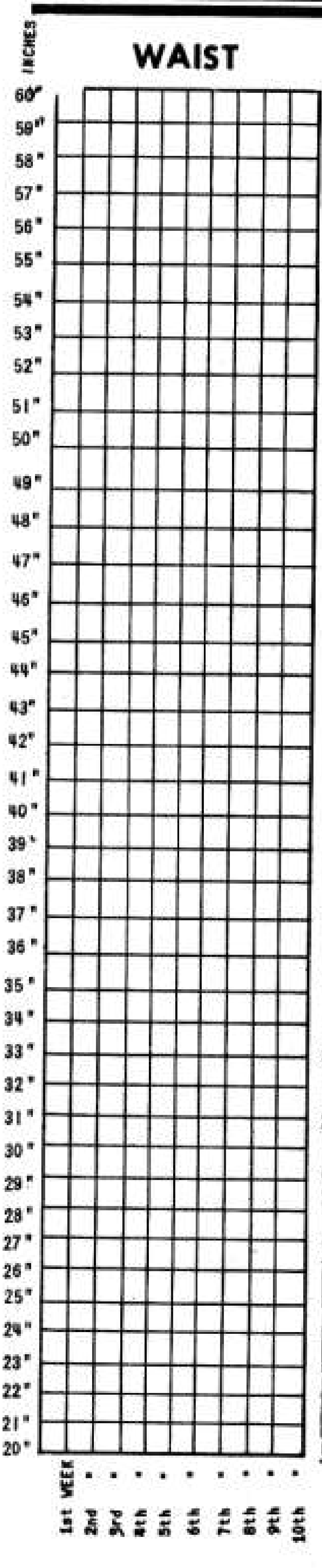
NOTE: On each chart keep a record for both right and left limbs. Use red pencil for the right, black or blue for the left. The two curves should fall on top of each other, if both sides of your body are being developed equally. This is the ideal condition. However, if you are showing a tendency to develop one side at the expense of the other this will quickly be indicated on the graph.

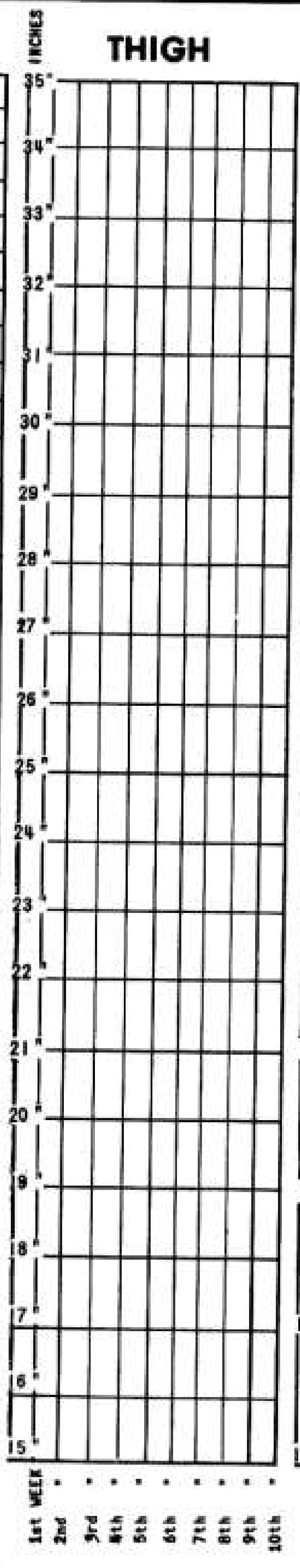
It should be remembered that no ideal or average set of measurements has much actual meaning, since different men of different heights and bone structure will achieve different "ideal" proportions to suit their figure.

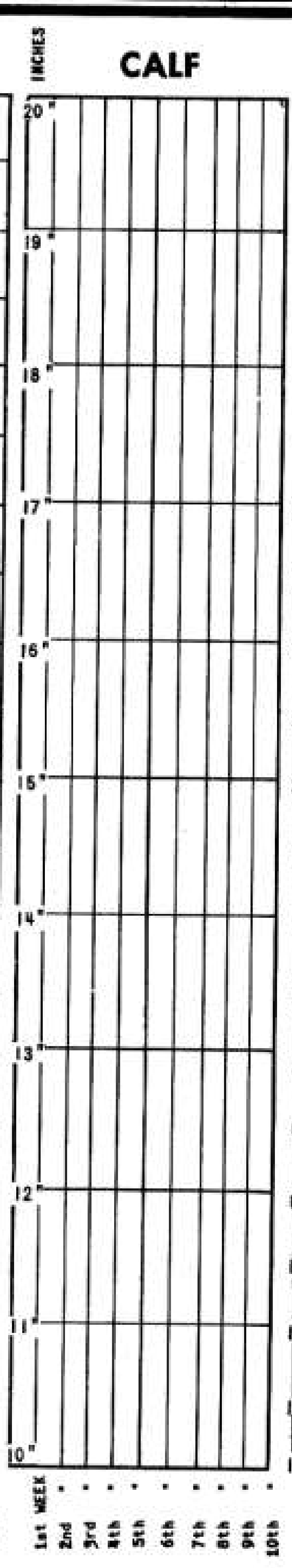
PROGRESS CHART

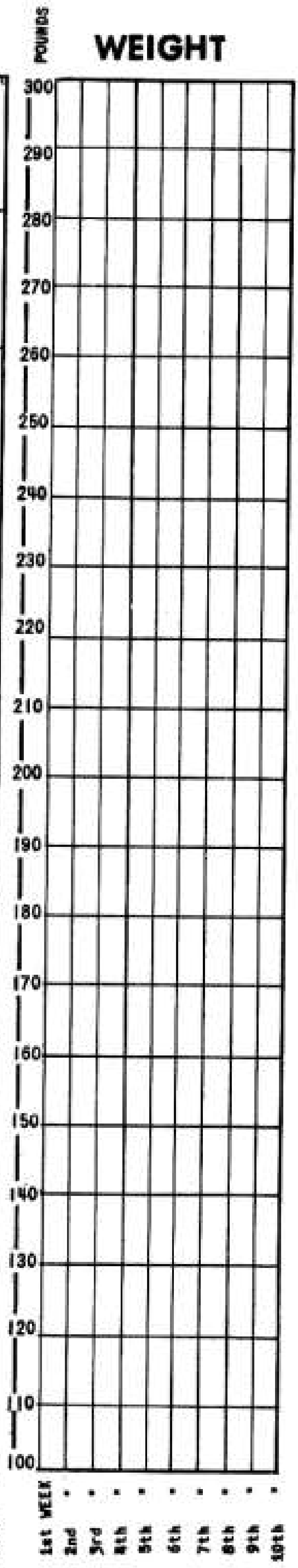





INCHES
WAIST
60" 59" 58" 57" 56" 55" 54" 53" 52" 51" 50" 49" 48" 47" 46" 45" 44" 43" 42" 41" 40" 39" 38" 37" 36" 35" 34" 33" 32" 31" 30" 29" 28" 27" 26" 25" 24" 23" 22" 21" 20"
1st WEEK 2nd 3rd 4th 5th 6th 7th 8th 9th 10th


INCHES
THIGH
35" 34" 33" 32" 31" 30" 29" 28" 27" 26" 25" 24" 23" 22" 21" 20" 19" 18" 17" 16" 15"
1st WEEK 2nd 3rd 4th 5th 6th 7th 8th 9th 10th


INCHES
CALF
20" 19" 18" 17" 16" 15" 14" 13" 12" 11" 10"
1st WEEK 2nd 3rd 4th 5th 6th 7th 8th 9th 10th


POUNDS
WEIGHT
300 290 280 270 260 250 240 230 220 210 200 190 180 170 160 150 140 130 120 110 100
1st WEEK 2nd 3rd 4th 5th 6th 7th 8th 9th 10th

Valedictory



Here to you, student, is my farewell address—a few words of advice and caution.

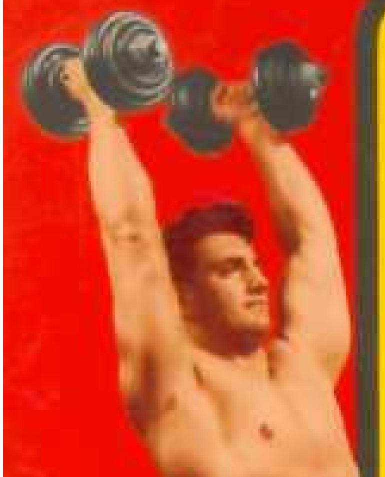
Your last training session is complete, the final routine of your course has been checked. Now, take a good look in your mirror, tense and flex your muscles—and ask yourself "Am I really satisfied?"

Check your measurements against those of the demonstrators given with each week's training session. How do they compare? Ten weeks hard work has given your body a new lease on life. The weights you can now lift are proof in themselves of your new strength. And the intricacy of some of the routines you are now capable of performing are testimonial to your new found agility. But I sincerely hope you are not satisfied yet—that you will use the work done, and the achievements already accomplished as a foundation, a stepping stone to a still more powerful, more energetic agile body. Do not be satisfied! Go on to new glories in physical development. Use this course again. Go through each routine, week by week for another ten weeks. Add to the poundage used, and add to the number of counts in each training schedule. Why? Because your limit is not yet attained—you've barely started. When your measurements begin to resemble those of the top flight physical development champions who demonstrated this course, it will be time for you to think about entering weight lifting and posing contests for the best developed chest, abdominals, legs. It's worth working for...not only for the acclaim of audiences who who will thrill to your strength; envy your physique...but for the pride, the sense of victorious achievement in knowing that this body of rippling steel-like muscles was created by one man—yourself.

It's this pride in your own will-power that I want you to develop, for with it comes the realization that no task is too great for you to accomplish, no obstacle too difficult for you to overcome. This realization of the strength of your own will-power and the miracles it can accomplish, is truly the key to success in every field of endeavor. If I can succeed in making you take this key to personal victory, I too, will have succeeded in my mission.

Your friend and instructor,

Joe Bonomo



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YOU are shown everything! You progress thru 10 entire weeks of sensational physique-building training routines that go places!

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